

THE WATER CURE.

CASES OF DISEASE

CURED BY

COLD WATER

(TRANSLATED FROM THE GERMAN,)

WITH

REMARKS

ADDRESSED TO PEOPLE OF COMMON SENSE,

BY ^{Edward Strutt} E. ABDY, M.A.

FELLOW OF JESUS COLLEGE CAMBRIDGE, AND AUTHOR OF A JOURNAL IN THE
UNITED STATES, &c.

“Whatsoever is new is unlooked for; and ever it mends some and impairs others: and he that is holpen taketh it for a fortune and thanks the time, and he that is hurt for a wrong and imputeth it to the author.”—LORD BACON.

“Multa renascentur quæ jam cecidere, cadent quæ
Quæ nunc sunt in honore.”—HORACE.

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INTRODUCTION.

“Here’s that which is too weak to be a sinner:—honest water, which never left a man in the mire.”—TIMON OF ATHENS.

THE little tract, a part of which is translated in the following pages, was printed at Ilmenau, a small town in the Grand Duchy of Saxe-Weimar, in 1841, under the title of *Help in the time of Need*. It is considerably abridged here; the description of the country, habits of life, &c., as well as the advice it gives, having been omitted as containing matter, which would have increased the present volume, without conveying any clearer idea of the cold water treatment exemplified in the present case.

It was thought better to let the reader become gradually acquainted with the mode of proceeding in the new system, than to prefix an account of what will be seen sufficiently in this narrative and in those that follow. The translation, which is no further literal than is requisite to convey the writer’s meaning in the fewest words, has no higher aim, in conjunction with the succeeding observations, than to afford an opportunity to the public of becoming somewhat more

generally acquainted, than it may, perhaps, be at present, with a therapeutical discovery, not more remarkable for its novelty than for the success which has attended its progress in the land of its birth; the rapidity with which it has spread into other countries; and the promise it holds out of exercising, directly or collaterally, no slight degree of influence upon the health,—the morals,—the happiness,—both of the present and of future generations.

Any hesitation that might have been felt in publishing this work, has been entirely removed by some observations in the last number of the *Medico-Chirurgical Review*.

P R E F A C E.

IN June, 1839, as I had, in spite of one-and-twenty months' medical treatment, become gradually so reduced, that even the physicians considered my situation extremely precarious, without being able to discover any means of subduing my complaint, Von Falkenstein's little pamphlet fell into my hands; and every line I read—the whole detailed report of his recovery, by the simple use of cold water, from a dangerous chronic disease in the knee, determined me, before I employed any new medicine, or submitted to an operation, to try what effect the cold water treatment would have upon my knee. I also have found relief and health from the same source—in the fresh and pure springs of the romantic Thuringian mountains—and I feel it a duty I owe to my fellow-sufferers, to publish the facts which attended my restoration to health; and thus, perhaps, be to them what Von Falkenstein has been to me.

The case, however, required a wider circle of readers. So much incredulity prevails among high and low, among professional, and lay, men, that too many witnesses,—too many facts, cannot be brought forward against the adversary; nor can the number of converts, who openly join the friends of hydriatics, be ever great enough. I have been asked by a physician, to whose

attention I first directed this mode of treatment, and who confessed it subverted many established theories in medical practice, “How does cold water cure diseases?” This question, as well as that, “How does medicine cure?” can be better answered by distinguished physicians than by me. It is not the water alone, but the air, the diet,—the peculiar modification and accompaniments with which it is applied, the co-operation of nature through the appropriate functions of different organs, and the critical secretions produced by her re-active power. The treatment varies with the disease, the age, the constitution, &c. For a solution of these matters I refer to competent authors, &c. A feeling of gratitude too compels me to appear before the public; next to the Almighty—every blessing comes to us from above—I am indebted for my health to the pure springs of Elgersburg, where under the superintendence of Dr. Piutti, I persevered, during ten months, in this treatment; and then, by a sort of after-cure, at Ilmenau, under Dr. Fitzler. I extol the healing powers of these noble fountains before the world, in such sense only as consists with my thankfulness to him who first called them into life—to whom, with uplifted hands and heart, I offer up my prayers.

To those, however, and especially to Dr. Piutti, who, by unremitted kindness, attention and skill, have made me for ever their debtor, must I cry out “thank you! thank you!” as a testimony of my unalterable respect and attachment.

In conclusion, I have been induced to commit these pages to the press, from having frequently observed,

that cold water is often injudiciously applied by men who expect to cure themselves of their complaints, without professional aid and without any practical acquaintance with the treatment;—not that I can supply this defect, by suggesting any thing new or universally applicable, and still less would play the part of a self-complacent adviser; but merely because what I say may be useful in my present neighbourhood, and because, even in the establishments I have visited, these errors have prevailed, in opposition to remonstrances from the physicians. The cold water system is still somewhat of the *à-priori* kind, and stands in need of all that the experience of its followers can adduce in its support. If these few pages can promote this end, their object is fully answered.

THE WATER CURE.

CHAPTER I.

On the 20th September, 1837, as soon as I had left my bed I felt about the right knee a slight pain, which I could no otherwise describe than as the sensation of a slight dislocation, and hence supposed I had dislocated my foot. I did not fail to restore the joint to its proper place, by stretching and contracting the foot. The sensation, however, remained. Though I could move my leg without any pain, and the joint was not in any way disturbed, the uneasy feeling when I rose up or walked, returned. On looking closer, I observed over the right knee, a blue spot of a hand's breadth, as if I had struck or pressed against something. Yet there was no pain, and the natural colour came back. Under the knee, however, a sort of tenderness shewed itself, for, at most, an inch space. As the pain continued for some days, and diseases in the knee so easily become serious, I sent directly for the family physician, a man of great skill and of considerable science and experience. He examined me minutely, found no dislocation of the foot, and declared the pain I felt, unconnected with any contusion I might have unconsciously received on the knee. I must here premise, that I had from childhood enjoyed uninterrupted good health; and, except the diseases incidental to that period, had never felt unwell. As I could assign no decided cause for my sufferings, the physician could comprehend neither the pain nor its origin. He ordered, however, the well-known grey salve, a preparation of mercury, to be rubbed into the part three times a day. Scarcely had I followed these directions for two days when the pain increased, or rather the

tenderness became so painful, that I left off the friction ; and as the Doctor made no further inquiries, did nothing to it for some time.

As the evil did not augment, I habituated myself to this uncomfortable feeling ; and, as the physician seemed to think lightly of it, it was not till November, when I met him by chance, that I told him, adding my reasons, that I had left off rubbing in his salve, requesting, as the pain still continued, some more effectual remedy. He ordered camphor oil, and I applied it till February, 1838. As no relief followed, he examined me again. Pains in the knee being frequently the forerunners of diseases in the hip joint, he examined the latter, and found it in its normal state. He, therefore, pronounced the complaint to be a rheumatic affection of the integument of the skin ; had the joint bound with oilskin and flannel, and ordered me to keep the affected part as quiet as possible. The pain now made itself felt just as I used, or spared, the sore limb ; but latterly became more intense, though limited, for the most part, to its original place. Leeches were now applied, and then for some time, baths of sulphurate of potass, as well as Spanish flies, Naples salve with opium and camphor liniment ; none of them with any essential result. After Whitsuntide I took a long journey, with my physician's permission, and exercised my sore leg frequently more than was good for it ; yet what I felt was rather a weakness in the knee than an increase of pain, varying in intensity, and characterised by unsteadiness in walking, and difficulty of motion in going down hill. I had probably, finding myself among friends endeared by distance and affection, indulged more freely in the pleasures of the table than was either usual or desirable : be that as it may, the evil had become so serious, that I felt it necessary to consult the celebrated Dr. Baum in Dantzic. From what my own physician had said, I had hitherto considered my complaint the rheumatic gout, brought on by a cold I had caught while doing duty for a neighbouring clergyman, and, as I then thought, of no great consequence. Dr. Baum, however, declared, after closely inspecting the diseased part, that I was labouring under a swelling of the bone ; ordered me, for the moment, to apply salve of iodine, to wrap up the knee in hemp, and to use the foot as little as possible ; when I got home, to put on Spanish flies, and to keep the sore open till the pain was entirely removed. My own physician,

on hearing what Dr. Baum's opinion was, examined me again, and said he could not imagine how the bone could be swollen when no swelling was to be seen: and, in fact, nothing of the kind could be seen. He, however, found the temperature of the part raised, the pain more violent, and walking more difficult—but the disease had not reached the joint. He considered the cause to be inflammation of the integuments of the bone, and that it might terminate in disease of the knee joint. As my mother, and one of my brothers had had the gout, and I seemed constitutionally predisposed to the same disease, he thought the inflammation originated from gout, and that too great fulness of the vascular system was in fault. There was no symptom of scrofula. To clear the blood of its gout-creating fire, the liver, and the mucous membranes below were set to work by appropriate medicaments; among other things, by tincture of colchicum, and leeches were frequently applied. In addition to these, salve of iodine, and of mercury, with digitalis, was rubbed in, half the knee was covered with a vesicatory, which discharged for a long time, and a simple issue was placed below the knee. In spite of all, the evil was as severe as ever. I continued my professional exertions, though my lameness was every day more marked. The Doctor, it is true, recommended me to spare my foot, but as he did not insist upon it, I still thought it of too little importance to give up my spiritual duties.

In December, business called me to Halle; and I took the opportunity of consulting Dr. K——. This distinguished physician to whom I communicated the opinion, both of the Dantzic doctor and of my own, agreed with neither; but, said the nerve connected with the diseased part was inflamed, and the bone free from swelling. He advised eight leeches to be applied once a week for six successive weeks, and if that did not stop the pain, to have the nerve bisected. My physician, though he could not subscribe to this prescription, allowed me to carry it into execution, as I thought the leeches would serve to reduce the inflammation. As, however, the experiment afforded no relief, and I had preached ten times during the Christmas week, I found the exertion had so much exasperated the pain, that I could scarcely get through the service on the following Sunday. I therefore, discontinued my professional duties for a fortnight, and endeavoured to arrest the pain and the inflammation in their

progress. At the end of this period, I found myself so much stronger, that I again ventured to officiate. It was the last time I officiated this year. The next morning, when the Doctor begged me to lift up my foot, I was unable to do so. The will seemed to have no longer any power over it, as if the tie which bound it to the body was broken. On closer inspection, I saw, as clearly as the doctor, that the bone was larger, and therefore swollen; and now I was to answer for any danger that might arise, as he would no longer, he said, be responsible for the consequences, if I did not keep the foot in a state of continued rest. This tone of decision, which, if expressed at an earlier period, would have found me punctiliously submissive, induced me immediately to transfer my official functions to some of my obliging brethren, to lie upon my sofa, and not to stir a step without crutches. I now had the Spanish flies applied every other day—eighteen blisters in all—and, as the right hip joint felt painful, I placed one repeatedly upon that too. However beneficial the doctor had found these for years in similar cases, they failed with me entirely; and after the skin had in some measure healed, the knee was rubbed with sublimate of quicksilver, whilst for a long time I took three times a day two table spoonsful of *oleum jec. aselli* (cod-liver oil) and observed a very strict diet. To no purpose. The sinews of the right foot seemed drawn together. I could no longer stretch it out; and, on making the attempt, I felt the sinews of the knee joint contracted and painful. To combat this, I was to rub in mercury. Alarmed, however, soon after by the appearance of a swelling, accompanied with pain in the groin, I discontinued the friction till the arrival of the physician, who approved of what had been done, and soothed the inflamed glands with Goulard water. This favourite remedy was at last given up entirely, as my teeth had frequently bled; and I was allowed to use for a fortnight, a nostrum in high repute with our newspapers, for its efficacy in gout. This decoction was certainly of benefit at first, but no further. My physician now resolved to excite, by means of kalicausticum, a strong artificial sore near the diseased part. Such was the extent of this incision, that when nature and the knife had removed the flesh that had been burnt, two-and-twenty peas found a comfortable lodgment there. As this enormous issue dript with matter, the pain ceased, and was but slightly felt on

pressure; the foot was relaxed, and I was able gradually to stretch it entirely without pain. Inflammation, however, of a rose colour, showed itself about the lower part of the leg. At the end of four weeks the ulceration lessened, and the sore healed up gradually: but, alas! as the sore healed, the pain returned, and threatened to reach the knee-pan. The more confidently the doctor promised success to this painful remedy, the more firmly he predicted the approaching Whitsuntide as the end of my sufferings, so much the more was I dejected and disheartened by the absence of all relief; and, as he seemed disagreeably surprised by this unfavourable result, and hinted the necessity of recurring to the mercurial salve, I told him I must first give my poor leg a little rest—for by this time it had become sadly debilitated by long continued and profuse ulceration, as well as by the former dose of Spanish flies—and that I should then take the advice of two able professors at Leipsic. And so I did.

Professor D. B——, who had the goodness to visit me at my lodgings, examined, after he had heard my case in detail, as well the diseased knee, as more particularly, the right hip joint; expressed his agreement in opinion with my physician, as to the nature of the complaint, but thought the right hip was already diseased: and advised me, as I was saturated with mercury, to leave off medicine entirely for the present, to enjoy as much fresh air as I could, to live upon a vegetable diet, and then to use the Toplitz baths; holding out the hope of recovery by the latter end of autumn. Professor D. C——, who also examined me carefully without discovering disease in the hip joint, chimed in with my physician with regard as well to the nature of the complaint as the remedies used; removed, with much kindness, my apprehensions, and recommended me to make use in seven weeks, when I was quite well, and had resumed my spiritual duties, of a specific, that might be begun forthwith; and that was, by means of Rust's prismatic hot iron, to make two strokes over the seat of the disease, or if I liked it better, to use moxa. This promise of speedy relief removed all my hesitation. I had myself burnt with the red hot iron, and even repeated the operation, on the supposition, that the wound thus made was not deep enough. In order to facilitate the suppuration, warm poultices of herbs were laid on every half-hour, an operation indescribably painful and exciting to the nerves. For some days the suppuration went on

well; yet the pain in the diseased part, which, according to Professor D. C——, was to cease directly upon the application of the burning, continued in spite of the pain on the surface; and, as notwithstanding all these means, the ulceration ceased, and the wounds cicatrised, the dreadful fact became more clear than ever, that nothing had been obtained by the excruciating process of alleviating my sufferings by fire. What was to be done now? The physician proposed the hot iron once more. Against this every fibre of my heart protested. Another worthy doctor advised me to go to Berlin, and consult Dr. Diefenbach, as an operation might yet prevent a greater calamity. I felt the less inclined to either proposal, as I had recently paid some attention to the cold water treatment, and had imbibed from Von Falkenstein's work some hope of its successful application even to my case.* I resolved to make the attempt. I had time enough before me for the fire and the knife.

* Von Falkenstein is an officer in the Prussian army. I had the pleasure of meeting him in 1836, at Gräfenberg, where he was a great favourite with all who knew him. He returned to Berlin, perfectly cured of a complaint, which the first physicians of that city had considered incurable. Many an invalid owes the restoration of his health to the pamphlet here alluded to. Another patient, who had the appearance of robust health, encouraged me to perseverance in this new treatment, by assuring me, that he was reduced to a skeleton, by an illness of fifteen years' duration, when he consulted Priessnitz. Both these were men of rank; as were many others, if I might judge from their courtesy to a stranger and the unaffected simplicity of their manners; a distinction well understood by tradesmen at "the west-end;" who are as sharp in their diagnosis of dignities, as Priessnitz is said to be in that of diseases.

CHAPTER II.

BEFORE I proceed to a description of my treatment by cold water, it may, perhaps, not be out of place to give a short sketch of the situation I was in on commencing the new method. Though but in my three and thirtieth year, all the vigour and freshness of life was dried up in me. An irritability and weakness of the nervous system, such as I had never experienced till medicine had tortured and penetrated through my bones and marrow with her experiments, had taken such complete possession of me, that I could not at times bear to hear any one speak for five minutes together, much less speak myself. While preparing young people for confirmation, as I could not bring myself to give up this part of my duties, I was often so fatigued, that I was bathed as it were in perspiration. Susceptible to the highest degree to every draft of air, I was obliged to wear warm trousers and woollen stockings, with a thickly wadded coat over the rest of the body. I was compelled not only not to use my foot in walking, but to keep it constantly in an horizontal position; and any attempt merely to move on crutches from one chair to another was expressly prohibited. I was only allowed to take what little exercise I could by resting on my crutches, and keeping the diseased knee in a state of perfect rest. The inflammation was at its height, and was every day the more promoted by the bandages on the knee. The issue, with the exception of an opening for four peas, healed, and the brandmarks were mostly free from scurf.

My physician, who had heard of my intention, told me, he had not the slightest objection to my trying the cold water treatment—on the contrary, he believed that it might be of service to me, and at all events would do me more good than the warm baths at Töplitz. I set off, therefore, in good earnest and resolved to try its effects for eight weeks, for the cold water establishment at Elgersburg, in the Dukedom of Saxe Gothia—a romantic and agreeable village

no far from Ilmenau, and under the superintendence of Dr. Piutti, a physician of considerable reputation. Gladly would I have stopt in the pretty town of Ilmenau, had not the douche and other apparatus there lain too far for me, who could not move out.

As I commenced the treatment without any sort of preparation, and had even been accustomed to look upon cold water as highly dangerous and deleterious in my case, I was obliged to proceed by degrees. The physician ordered at first ablutions with sprinkling, the water having been raised to the temperature of 14° R., for which purpose I sat down in a small tub, while the attendant squeezed a sponge full of water over my head, and rubbed the breast and back with it. This mode of proceeding was so disagreeable, that I could not breathe, and for a moment was insensible; and I should have immediately given up the attempt had I not been impressed with the importance of obtaining some relief, and, if possible, of recovering from my complaint. The physician, and many of the patients, assured me, that the common bath was much less unpleasant than these ablutions—as I soon afterwards found to be the case.

On the 30th of June, 1839, the third day of the treatment, I was wrapped up in a thick woollen blanket,* three ells and-a-half long,

* It was by mere accident that blankets were thought of to excite perspiration; cold water alone having been used both by Priessnitz and many others before his time, in the cure of diseases. One of his patients who had been accustomed to the Russian vapour baths at Breslau, having one morning when perspiring copiously, jumped with impunity into the cold bath, at the moment he was called by the attendant, Priessnitz was induced to try the experiments on others, and adopted the sweating as an auxiliary to his former practice. It is chiefly this peculiarity that makes the "novum organum" so distasteful to our pre-conceptions. As for the other part of the treatment, it is certain that cold water is recommended by physicians at the present moment infinitely more than it has been since the time of Dr. Currie, of whose cold effusion in fever, the following opinion is given in the *Edinburgh Medical and Surgical Journal* for January 1805. "We do not find ourselves called upon to vindicate the practice, because, like most valuable propositions, it has never been attacked. Through timidity and a prejudice more owing to words than any thing else, it may have been neglected, but it has never yet been attempted to be controverted. It has, besides, this peculiar and immense advantage over every other remedy, that in every part of the globe an inexhaustible supply is always at hand, affording a strong presumption in favour of the opinion that nature has furnished an antidote in every country for the diseases which prevail there. Boerhaave was unwilling to consent, and Voltaire thought it ridiculous to seek a remedy in South America for the intermittent fever which prevails in the north of Europe.

and two ells three-quarters broad. I was laid on a plain mattress with straw underneath, and was wound round the body so completely from head to foot, that nothing was uncovered but the eyes, the mouth, and the nose. Here I lay quietly about half-an-hour, when I felt the perspiration running from me, and was now, according to the instructions given, to remain in the blanket from half an hour to an hour. I must own, that as soon as I was in full perspiration, I felt less uncomfortable than before. The windows were

For the cure of our most common febrile diseases, it is no longer necessary to ransack the laboratory of the chemist, or to traverse the mountains of Peru." The Reviewer adds, "To arrest the progress of fever, to circumscribe the range of death, to exterminate disease, and to nip contagion in the bud, though present to our dreams of feeling, would seem to be denied to our waking hopes. As far, however, as these objects of attainment can be had, we may expect them from the remedy which Dr. Currie has recommended to our notice." That these "visions of glory" soon vanished from his "aching sight," Dr. Currie attributes to the "apathy" of his brethren. "This frigid indifference," he says, "in private practitioners, may be explained, and can scarcely excite surprise; but the same neglect in those entrusted with the lives of our brave defenders," (in the military hospitals,) "must excite a stronger emotion." We have similar testimony at a later period. "We hope," says the *British and Foreign Medical Review* for July, 1839, "that the publication of these statements, regarding the efficacy of cold water, which Dr. Macartney's oral prelections have already diffused pretty extensively, will contribute to the more extended employment of a means of cure, the *extraordinary efficacy of which, in some of the most dangerous circumstances, is only paralleled by its extraordinary simplicity.* With the following quotation we shall conclude what we have to say of this interesting subject—"In a letter from Dr. Bourgen, a very intelligent pupil of mine, now settled in Demerara, received the 23rd of June, 1837, he states, that a medical man in extensive practice there, uses water dressings after amputations and other operations; and that these wounds healed as well as in the best treated cases in cold climates; and that in fourteen amputations he had performed, he had not lost a single patient by tetanus," we shall see in another place how "this interesting subject" is regarded by this same Reviewer, when presented in a foreign dress and a humbler form. "The old effusion was adopted," we are informed on the same authority, in the London Fever Institution in 1805, and, together with purging and bleeding, was established a few years after in the larger towns. Dr. Rush's evacuating system, which, in fever, reduced the mortality from one in three or five, to about one in twenty, was received at first in this country *with horror and incredulity.*" It is shocking to think that personal feelings should thus be opposed to the most valuable discoveries, and that human life should be sacrificed, as it were, wholesale, because those who are entrusted with its preservation, are too proud to acknowledge an error of practice, or too indolent to investigate a question of fact.

now opened, and the fresh air exhilarated me in an inexpressible manner, without stopping the perspiration in the slightest degree ; while the attendants gave me from time to time a glass of water as they passed to and fro, and thus promoted the perspiration. After remaining an hour in this state, I was taken, closely covered up in the woollen blanket, by the attendant to the bath,* which, as before,

* Dr. Currie, “ the loved Lapis ” of Liverpool, peremptorily forbids the use of cold drink when the body is in a state of perspiration. “ The effect of cold water used as a drink,” he says, “ during profuse perspiration, is precisely analogous to the effusion of it at such times on the surface of the body—a practice known to be of the utmost danger, and enumerated by Hoffman among the causes of sudden death.” It would not be transgressing the limits of strict truth to say, that among the many thousand cases of the kind in Germany, Russia, and other countries, not one instance of such fatal consequences—that cannot be traced to other causes—is to be pointed out. It is one thing to drink cold water when heated by violent exercise, and another to do so when the perspiration takes place unaccompanied with an accelerated circulation of the blood. The apprehension, as well as the assertion of danger, is here clearly to be traced to the absence of distinction between two conditions productive of an essential difference in things apparently identical. In one of the notes to the work above cited, after detailing de Hahn’s practice, in 1736, at Breslau—a method differing in many points from his own, Dr. Currie adds, “ Whether my restriction as to the use of the cold effusion and the application of cold in general to the body, be too severe, future observations must decide ; but, from a general review of the incautious practice of de Hahn, I am not surprised that his boasted remedy is, so far as I can learn, no longer in use either in Sillesia or in any part of Germany.” “ *Eruptions of a supposed critical nature* appeared,” we are told, “ under de Hahn’s treatment.” If this noble-minded and amiable man were now alive, he would be the first to confess the severity of his restrictions, and to hail with the delight of a true philosopher, the re-appearance of a kindred method, pronounced by him to be incautious, and supposed to be defunct in a place not very remote from the scene of its former triumphs, and signalized by events that announce the defeat of that opposition he himself struggled with in vain. “ Ablution with cold water in fever,”—such are his words, in his dedication to Sir Joseph Banks—“ had been noticed by me in the *Philosophical Transactions* for 1792, and I had repeatedly mentioned it in private correspondence, it had often been recommended to the surgeons of African ships in those examinations required by the legislature, and which are chiefly made by the physicians and surgeons of our hospital. On different occasions likewise, I had not only explained, but exhibited the practice to practitioners from a distance, and particularly to one going to the West Indies.” We may well ask, whether these recommendations from so respected a quarter have met with that attention which their earnestness and importance demanded ? and whether those, to whom the lives of men devoted to humanity and science were entrusted, have bestowed a passing thought, in the hour of death and danger, on the suc-

was filled with water of 14° R., threw off my covering, and after I had thrown water over my breast and face, I ducked my whole body, repeated this twice, and quitted the tub with very comfortable sensations. The next morning the attendant came as early as three o'clock, to wrap me up again in the blanket, in which, on this as on future occasions, I remained full two and even two and-a-half hours in profuse perspiration. At half-past three, however, in the afternoon, I lay in this state but one hour. The temperature of the water was gradually lowered, so that the bath I took, after a few days, was of pure spring water, from 5 to 7° Reaum., such as the water usually is at Elgersburg. Such was the mode of proceeding, as far as regards the sweating, through the whole course of the treatment. In addition to this, I took, for the first three weeks, a sitting bath, at ten o'clock, A. M., for a quarter of an hour, and immediately afterwards a knee bath for thirty or forty minutes, according to the degree of inflammation in the knee; the whole limb, from the foot to a point, three or four fingers breadth above the knee being immersed in a narrow high vessel filled with cold water. This I repeated half an hour before bed-time—both baths subduing the inflammation, by attracting and tranquillizing it. I wore about the diseased part wet bandages of linen that had been tolerably wrung out; and these were renewed as soon as they became dry, or the inflammation was perceptible. In general, I had them wetted again in the morning when wrapped up in the blanket, after leaving the bath, and after I had taken a knee bath, and in the evening on the same occasion. With the reduction of the inflammation, the bandages required to be re-wetted less frequently, and at a later period four times a day only. With these external remedies, was joined, from the commencement, a copious use of cold water for drinking; so that I drank every day fifty or sixty glasses—about twenty Berlin quarts—latterly forty glasses, and in winter from twenty-five to thirty.

After I had continued the treatment in this manner for nearly three weeks, the douche was substituted for the sitting bath, having

successful experiments of Dr. Currie—"a man whose abilities were an honour to his country—whose death was a loss to the world,"—to use the well-earned eulogium of the *Edinburgh Medical and Surgical Journal*, January, 1805.

a fall of cold water of twenty feet, and a constant temperature of 5° to 7° R. I used the douche at first for five minutes, and in a few days let it fall on the sore place alone for the same time, remaining under the fall gradually as long as ten and even fifteen minutes. At half-past eleven, I again took a knee bath, but discontinued it in September. In October, I gave up the afternoon's sweating, and used, instead, a knee bath for half an hour. From November I took the knee bath, not in my room as before, but in the bathing chamber, where, by means of a continued stream, I could let the water fall on the diseased part, while the whole foot remained in it as it flowed in. Knee baths of this sort, as their effect is more powerful, I could use but twenty minutes; when the foot was so thoroughly penetrated by the cold, that I felt it to the very marrow. I never wore a wet bandage on the abdomen, my complaint being purely local, without disorder in any other part of the body. The physician, however, required from me, as from every patient, a strict observance of diet, abstinence from every thing acid, spices, exciting beverages, as coffee, wine, tea, &c.; allowed, however, any sort of food that did not interfere with water-drinking, and recommended every thing to be taken as cold as possible. He enjoined me most strongly to expose myself as often and as long as could be to the fresh air; and, in order to breathe the purest air, to climb the highest point of the neighbourhood as soon as I could reach it with my crutches. I was strictly ordered to spare the diseased foot in the early periods; and my crutches continued my companions during one-third of the time the treatment lasted.

RESULT OF THE HYDRIATIC REMEDY.

It would lead too far, and too much abuse the patience of the most indulgent reader were I, as it would doubtless be desirable in cases of shorter duration, to communicate from day to day, the observations I made upon myself during nearly a year's treatment. I shall, therefore, merely report the particular critical appearances and their progress. Already in the first eight days, came out on my arms and feet the ordinary hydriatic eruptions in great abundance. A more important eruption, however, developed itself at the end of the second week over the diseased knee, on the middle of the right thigh, and a hand's-breadth below that point, as well as at the knee

itself; but on the opposite side, there appeared large boils, which gradually increased so as to give the knee the appearance of being crooked. They remained in this condition nearly two weeks, without suppurating, while the issue, which I kept up, and contained but two pease, operated in an extraordinary degree, and discharged a great quantity of matter. By this time I could use my sore foot somewhat more; while I could scarcely, when I began, reach the bathing house above, without being quite exhausted by the attempt, and feeling the pain in my knee increased. I was able, in the third week, to reach this point without much difficulty, and experienced none of those pains, which, before I employed this system, invariably followed the slightest exertion of the foot. The marks of the burning became milk white in the long knee-baths, the new skin was completed more and more, so that at last not the slightest sear could be seen; while the soft, white integument was gradually succeeded by a firmer skin—an event to which the douche contributed in no slight degree. With this last I began the 18th July, as the physician told me, that in deeply-rooted diseases, the water treatment was more favourable, and more certain in its results if gradually increased in strength; and that the douche was one of the strongest hydiatic instruments. The fear I had of the douche, augmented as it had been by Munde's* saying, that the boldest could not divest himself of it on such occasions, very soon vanished in my case. It was but the first moment: washing the forepart of the body and receiving the first stroke of the falling stream, that I disliked; I found it however, much less formidable than I had anticipated. I stayed five minutes under the douche, and felt myself afterwards

* Munde must have written this for the lovers of the marvellous. The first night of his arrival at Gräfenberg, he was seized with an inflammatory fever, which, as he told me the next day, was subdued by the application of wet sheets, a much more formidable "preparation" to timid minds than the douche. His boldness had now something else to contend with, and proved too weak for the enemies it had brought upon him. Though totally ignorant of physiology and anatomy, he had been placed over Piutti; and the discontent created by this act of injustice and imprudence soon compelled him to quit Elgersburg. He is now Editor of the *Water Friend*; a new series of which is to be conducted by the former Editors. I may add, that nature has given him a singular talent for acquiring languages—I wish him too well not to wish she had given him more common sense.

strengthened by it in no ordinary degree. From this time I took the douche every morning, and exposed my sore knee many minutes to the fall after I had received it on the whole body. The violence of the impression made me of a dark red colour. This, however, subsequently went off from the whole surface, with the exception of the knee, which remains red to this moment.

Subsequently to this, I felt a violent itching in the fore finger of my left hand. The place became redder every day, increased in extent till the skin cracked, and a small boil in a state of maturity appeared. It burst as I was sweating, discharged pus, and again grew hard; again, however, opened and discharged every time I perspired in the blanket, till the impurities were entirely thrown out, and the healthy skin closed up again.

At the beginning of September, the whole body was covered with pimples, which did not, however, remain long. A rheumatic contraction in the right hip was perceptible from the commencement, yielded, however, to the working of the douche, and at last entirely disappeared. There now took place a considerable interval, during which, neither critical eruptions on the body, nor any essential improvement in the diseased knee took place; the swelling continued, yet the pain on pressure was less than before, and the joint of the foot much freer, so that I could venture to walk several steps on smooth ground without crutches. The summer lasted with its noble days far into the autumn; and it was but in November, after several days' thick fog, that a sharp frost set in, succeeded by some fine autumnal weather till the middle of the month. I went from the village to the establishment, and, instead of my mid-day's sweating, used the knee-bath for half an hour: at first in my room, and afterwards as before-mentioned. The sore, which the douche had produced, ceased to suppurate, and healed. The issue, too, ceased to act: so I suffered it to close of itself. Winter now came on, and the first knee-bath that I took at a temperature of $4\frac{1}{2}^{\circ}$ R., while the thermometer in the room stood at 1° R., strengthened me in such an extraordinary manner, that I felt inclined to walk in the garden in front, without crutches; and the attempt succeeded. From this moment the pain in the knee diminished as my strength increased, and I now began to walk with a stick alone. To be sure, it was slow and uncertain work at first; I made frequent attempts, but

never for a long time. From all the windows I was greeted with felicitations, as I went down for the first time into the village, and mounted, with tolerable ease, to the establishment.

I went on with the sweating every morning, but the perspiration was no longer in sufficient quantity ; though during the summer, it had passed through the blanket, a thick feather bed, and a straw mattress, on to the floor, the blanket was now scarcely wet through, so that, at times, I lay three hours after the perspiration had broken out, without effecting more than bringing the whole body to a state of moisture. The perspiration had, particularly in the autumn and winter, that sort of smell which is called critical, but not of that decided kind as to admit of description.*

The douche was all along of the most essential service, and I discontinued it but twice in the course of the winter, when the conducting pipe was frozen by a frost of 15° R. ; and when a high wind had rendered the fall useless. Every time I had taken the douche I felt young again, as it were, in my diseased foot ; and I descended from the hill to the establishment with as much ease and

* *The British and Foreign Medical Review* has attempted to throw ridicule upon the critical sweats and eruptions that characterise this mode of treatment ; though both the things and the expressions are well known, and of common use in the established practice. I will merely quote a passage from Dr. Clendinning's "Beaupré on cold." "Those spots (petechiæ) are formidable symptoms in typhus, whether contagious or non-contagious. Cold washing of the body has been successfully employed ; also envelopment of the patient in a linen cloth, soaked in vinegar, half-and-half, or even pure vinegar, as Samoilowitz was in the habit of doing in the plague of Moscow—a measure which he persevered in till the petechiæ disappeared. Dr. Dewar cured a young man, attacked by spotted or petechial fever with violent epistaxis, by having him placed in a cold water bath. Allion covered with ice from head to foot, a man, who, in malignant fever, had purple eruption with very bad symptoms. Respiration became free, the pulse rose, delirium, anguish, and cold sweating ceased. *A critical sweat determined the disease.*" "Putrefactive and malignant diseases," in common, says Dr. Fothergill, "admit of the most sensible and secure relief from discharges of the pœcant matter, either upon the skin in general, or on particular parts of the body. The redness and cutaneous efflorescence in the present case (sore throat, with ulcers) may be considered as an eruption of the like nature, and therefore to be promoted by such methods as have proved successful in similar diseases." I request the reader will pay particular attention to the above-cited passage, as it will serve as a licensed guide through the unknown and forbidden regions he is about to traverse. The work from which it is taken throws much light on the Gräfenberg system.

security as if I was totally free from my complaint. In the mean time, the boils which promised so much, vanished entirely.

At the end of July, a slight eruption appeared on the diseased part. The douche removed this as soon as it came to a head—an operation somewhat painful; and as the opening which followed, extended itself and the pain increased, I was obliged to discontinue for some days the douche, which made the wound, now about the size of a nut, bleed profusely. The sore did not heal, but rather united with the issue in discharging much matter, aided considerably by the sweating twice a-day. Not wishing any longer to discontinue the douche that I had found so beneficial, I had a simple bandage of linen made for the knee, so that the sores might be washed clean, without being increased by the stream. I generally let the water fall on the part affected, till the pain, which every time became more intense on the first shock, was entirely removed; and, singular enough, the more I suffered and writhed under the smart during the douche, the stronger and freer from pain was my knee afterwards. By these means, I grew evidently stouter; the flesh, from being flabby, became firm; the calves of my legs, and the other muscles scarcely yielded to pressure; and so far from feeling weakened by the sweating which was both copious and repeated daily, I was able, about the middle of August, to walk an hour already on my crutches, and even attempted to climb the hills. Critical eruptions, though, from time to time, there appeared on the skin about the upper part of the limb, just over the right knee, some round spots, of a red colour, hard and painful on pressure, would not come to maturity, and whatever morbid matter was not expelled through the perspiration, found an outlet in the open sore, where the suppuration continued very strong. The bandages too, as often as they were re-wetted and cleaned, coloured and disturbed the water.

Sunday, the 18th of August, I employed to break agreeably the uniform mode of village life in Elgersburg; and drove after my douche, to visit some patients at Ilmenau. The beautiful walks there, which lead through the noble valley of the Ilm, without fatiguing one by constant clambering up and down hill; the society of dear friends and acquaintance made me forget to renew my wet bandage, so that, when I reached home about eight o'clock, I found my sore

knee much inflamed and immediately put it into a knee-bath as cold as ice. I might have kept it there about ten minutes, and was beginning, as is usual in all the baths, to rub the part with my hand in the water, when I observed that my hand was clammy, as if I had stuck it in tallow; and by closer inspection, I found it so covered with something slimy, that the water could not stay upon it. The water too in the bath was encrusted with the same stuff; and the diseased knee in particular was covered all round with a fatty substance. No smell, however, was perceptible. At all events, this was—and so the physician said—a very important critical event, by which a larger portion of the mercurial salve, of which I must have rubbed in so much in this exact spot, was thrown out. I soon after repeated my visit to Ilmenau, and took as much exercise and lived exactly as on the former occasion, yet the results were not so striking, though my hand on rubbing the part, several times came in contact with some clammy substance. Not less serviceable were the knee baths, at a temperature of $4\frac{1}{2}^{\circ}$ R. The chair on which I sat for twenty minutes, was occasionally frozen to the ground, the six glasses of water which I drank at the time, made me so thoroughly cold, that I could hardly put on my things again—at the end of a minute, however, the re-action took place in the foot, penetrated as it was by the cold, the skin began to be moistened, the warmth returned, and I was able to walk out as vigorous as ever.

With the approaching spring I extended my excursions, so that I could take half an hour's walk and return without the slightest inconvenience. On even ground, I no longer wanted a stick.

As the number of patients increased, the proprietor of the baths consulted his own interest, and put an end to the agreement we had made for my board and lodging since November, and this he did in such a discourteous unfeeling manner, that I felt the less inclined to have any thing more to do with the man, as I could obtain for my family, in the neighbouring town of Ilmenau, more agreeable and roomy lodgings, better board, together with amiable and obliging society among the citizens and gentry, for more reasonable terms than at Elgersburg.

At Ilmenau, where I went on with the treatment from the 25th of April, under the care of Dr. Fitzler, who was on the most friendly terms with Dr. Piutti, and accustomed to interchange professional

aid with him, the improvement in my foot increassd to a degree as surprising to indifferent spectators as to myself. The beautiful walks in the valley allowed me to extend my exeursions—already my visit to the men's douche and the springs, with the return home, kept me of a morning in exercise for an hour, which I generally prolonged, as I went on to the coal mines in Manebaeh. On my return, I always took the douche, and felt after it, no trace whatever of the exertions I had made for some hours. The heat in the knee was almost entirely gone, so that no external marks of inflammation remained.

Though the Ilmenau water is not quite so fresh in the town as that of Elgersburg; (which, however, has no superiority to it where it springs from its source,) yet I had to undergo in the third week again a slight after-erisis. The same spot on the left hand, which had broken out in Elgersburg, came a second time, after violent heat and throbbing, to suppuration, though but for a short time. It was the same with both my ears, on the borders of which, after the same symptoms, some seurf appeared; and as the doctor predicted, came off of itself. My ears and my hand had probably been frozen at some former period, so at least the physicians accounted for this erisis. A slight eruption again appeared on the original seat of the disease, so that I was obliged once more to put on a bandage when I used the douche. I scarcely ever returned home before mid-day, and at the close of the day. The fine spring mornings and the clear exhilarating mountain streams, made me feel, in mind and body, so fresh and joyous, that I was like a bird which has just learned to fly, and will have no more to do with its nest, but ever stretch its wings under the wide magnificent vault of heaven. I continued to extend my walks—as far, for instance, as Elgersburg;—ascended the mountains, even the highest—the neighbouring Kükelhan, and even ventured to Stutzerback, five miles from Ilmenau, and took a douche or a knee bath afterwards, and so got rid of all sensation of fatigue and felt no further pain. Dr. Piutti, who was regularly informed of my state of health, as well as Dr. Fitzler, who examined me conscientiously, declared that, though the swelling of the bone remained in a slight degree, the inflammation was removed, and thus the complaint was, in point of fact, cured. With this opinion my own

observations fully agreed, and I received permission to finish the treatment as I had resolved at the end of a fortnight, on condition, that I continued the bathing with some remission, and the diet with the exercise in the open air without any alteration. I, therefore, had myself enveloped in the blanket but every other day.

On Friday, the 5th of June, I went out after my bath at half-past four o'clock, to visit a copper mine between six and seven miles from Ilmenau. The road was almost entirely up hill, and as I fancied I had reached the place, I was obliged to descend a steep mountain and climb up another of the same kind, and missed my way; in short, I did not reach my lodgings till two o'clock, P.M., having been all that time on my legs. I was completely knocked up: my limbs felt as if they had been taken out of their sockets; and I could scarcely move one leg before another. I immediately put both my legs, a hands-breadth above the knees, into cold water, and kept them there for three-quarters of an hour, and felt no more fatigue or irritability in the sore knee. I merely experienced in the hip joint which had not been exposed to the water, that sort of sensation which every one has after a long walk, when not accustomed to it. This feeling also soon vanished, so that already on the 6th of July, I went to Ohrdruff, and after stopping there some time, to Gotha, where I saw what was worth seeing and proceeded to Rheinhardtsbrunn, at which place I was on my legs for many hours, in visiting the charming castle there. On the 8th, I traversed at early dawn the enchanting valley of the rocks, climbed the highest point of the Thuringen forest—the Inselsberg—and returned the same day to Ilmenau, without finding myself much fatigued.

The douche and knee-baths, which I continued regularly to the 12th of June, soon put new strength into my tired legs; and with deep heartfelt gratitude to God, who, by the simplest means, had done such wonderfully great things for me, and with cordial thanks to all those good and amiable men, who had rendered my residence among strangers so easy and agreeable, I returned with my family to our long-sighed-for home, to renew my official duties after so long an interruption.

Dr. Piutti gave me the following instructions in writing. "To sweat twice a week, to take the cold bath every day on rising,

knee baths occasionally and the douche ; and to keep on the wet bandages till every vestige of the local complaint is fully removed. Diet and exercise, as much as you can bear, are as necessary for your health as they are indispensable to your habits." I have obeyed these instructions strictly, except that I have now and then sweated but once a week ; for three hours, however, and longer. The knee-baths I take once, twice, or three times a-day, according to circumstances, the douche every other day, and renew the wet bandage three times in the course of the day. The diet prescribed I stick to rigorously, drinking however a smaller quantity of water, as my professional avocations do not allow me to take so much exercise. I can now, thanks be to God, perform my spiritual duties again without any restriction, feel generally speaking nothing more of my former pains, and can walk without any inconvenience. The part that is swollen, however, still is at work externally ; and what neither medicaments nor frictions could effect, is performed by a wet bandage, which I constantly wear. It draws out almost every day still a slight yellow excretion, by which morbid matter is eliminated. Now know I the road which has brought me relief, and will follow it even when necessity no longer orders me ; for I have found the more we simplify the wants, the more we multiply the enjoyments, of life ; as the holy scriptures have long told us, " Godliness with contentment is great gain."

CHAPTER III.

CASE of consumption of the lungs reported in the *Water Friend*, (July, 1841,) by Dr. Emmel, superintendent of the cold water establishment in Kaltenleutgeben, near Vienna.

[The Editor of this periodical having in a note, expressed his dissent from Dr. Emmel's opinion as to the nature of this disease, which he thinks was not properly one of pthisis pulmonalis, considers the case highly interesting; and adds, that he has had some of the same kind in his own institution at Marienberg, near Boppard, on the Rhine; cases which had hitherto been considered completely excluded from the benefits of this treatment. An Englishman who was undergoing this treatment at Ilmenau—a man fully competent from his general acquirements and his acquaintance with the German language, to form an opinion, told me, that Dr. Emmel, whom he had had good opportunity of knowing while under his care, was distinguished for his professional abilities and his great integrity of character. I regret that I cannot adduce some personal attestation in favour of the other writers here introduced; but I had no intention of taking up my pen in defence of this cause when I returned a few months back to this country; and I presume, from the highly respectable standing which Dr. Piutti, co-editor of the periodical I quote, enjoys in society, that the cases here related emanate from unexceptionable sources. If there has been any kind of deception or exaggeration practised, I trust it will be exposed to the censure it merits.]

R. R., of middling stature, slight build, a shoemaker's apprentice of G——, nineteen years of age, and of healthy parents, had the cholera in September, in Vienna. He was taken to the general hospital. The violent symptoms, peculiar to this disease, were soon subdued, with the exception of a chronic diarrhea. The various remedies employed against this had no effect. A cough

attended with expectoration, at last came on, the strength of the patient was much reduced, appetite and sleep fled entirely, feverish shiverings during the day were of frequent occurrence, with a strong burning heat, alternating sweats, particularly towards morning; large boils on the back part of the body, some of them several inches in length and breadth, and others of the size of a florin, so that the sufferer was obliged to lie night and day upon the abdomen, in such a position as to rest on the right side of his face, and here the whole of his skin peeled off even to the bones of his face; all appearance of muscles had already vanished. Twelve weeks had thus passed, when the mother, anxious about her son, made inquiries of the attending physicians how he was, and received from Dr. H. the answer, that no hope remained of his recovery. So many remedies had been applied in vain, and the disease had become worse;—the invalid was in a confirmed consumption, according to his views of the case:—and the next day he would be no more.

On receiving this information, the mother declared she would remove her son from the hospital and take him home with her, that she might perform the last sad duties. Astonished at this resolution, the physicians represented to her that the invalid was unable, in such a state of debility, to travel ten miles at that time of the year—he would certainly die on the road—she could never bring him to her house alive, &c. These remonstrances were all fruitless: she took her son with her to G——, and requested the physician would prescribe what would be suitable to his situation. He ordered Dover's powder, and tea of Iceland moss. The journey was tedious but fortunate; the medicine prescribed was administered, and followed by sundry domestic nostrums of old women, peasants, &c., without any favourable result. In the middle of December, 1836, I was called in.

DESCRIPTION OF THE DISEASE.

The eyes feeble and sunk in the head, the hair fallen off, the face pale and emaciated, on the right cheek a large ulcer, going down to the very bone, the features disfigured, look of old age, tongue covered with white, appetite tolerably good, much thirst, dryness in the throat, frequent hoarseness, constant inclination to cough with much

yellow fœtid expectoration, (more than a pound during twenty-four hours,) pricking pains in the breast, feeling of oppression, shortness of breath, the breast-bones prominent, pains about the stomach, the abdomen contracted, &c., skin withered and dirty, &c., muscles apparently gone in every part of the body, perspiration clammy, fœtid and debilitating, pulse small, hard and quick, prostration of strength, fits, swelling of the feet.

Under such unfavourable circumstances, I could only agree with the former physicians, that, with the present experience, alleviation of the patient's sufferings was all that could now be expected; I gave him, therefore, Dover's powders, and Iceland moss as before.

On my next visit, I told the mother, in order to spare unnecessary expense, that I would come no more. She again asked, if there were still nothing that would save him. Again was I compelled to tell her, that in a case so serious, recovery was impossible: to alleviate was all that could be done—but one remedy remained; it had never been tried in cases of this nature—would she allow it to be tried on her son?—I would let her know what it was. She begged me to tell her what this miraculous remedy was; and as I explained it to be fresh cold water, she threw her arms up, and exclaimed—"that will soon cure my poor boy, cold water will but hurry him to his grave!" She reflected for some time, and then said:—"If you think it will do him no harm, we will try this also—I know well what cold water has done for our neighbour P., I saw him when he was ill, and how he was cured by cold water."

Having obtained her consent, I told her she must give him every half hour, a glass of water to drink, fresh from the spring, dip the sore places (they had dressings of course upon them) in fresh cold water, and put linen bandages in several folds over them.* This was done in my presence. The next day I visited the patient, and found no material change, except that the diarrhœa had somewhat abated. I ordered him to be washed both then and in the evening, from head to foot with tepid water. The drinking as well as the bandages were continued.

Second day. Cough less; appetite good; patient had slept a

* The bandages, it is to be understood, were immersed in water previously, and wrung out with the hand.

little, &c. He was now washed in water less tepid than before, bandages entirely cold about the swollen feet; a glass of fresh water to drink every quarter of an hour; bandages on the ulcers; evening washings repeated.

Third day. The patient has slept well; perspiration diminished; the ulcers as before; much secretion from the kidneys. He was now washed twice a-day with water quite cold, and the former treatment continued.

Eighth day. Cough seldom, with expectoration less in quantity, and no longer foetid; swelling of the feet reduced. The whole body washed twice a-day.

Twelfth day. The eyes less sunken; the ulcers beginning to heal; tongue clean; the dryness in the throat, as also the hoarseness, gone entirely. The fresh water applied as before assiduously.

Sixteenth day. The respiration is more free; the skin clean; appetite and sleep excellent; perspiration no longer foetid and clammy; the pulse stronger. The cold water continued with the same perseverance.

Twentieth day. Very slight cough, with a little expectoration; the strength increased; the swelling in the feet entirely vanished. As before.

Twenty-fourth day. The ulcers rapidly healing; no more perspiration; the patient strong enough already to leave his bed for hours together. These favourable symptoms went on in quick progression; and, in the course of six weeks, he was so completely restored to health, that he was able to work again at his old trade, as a shoemaker.

SECOND CASE—TREATED BY EMMEL, &c. CRIES. JULY, 1841.

The patient of middle size, slight build, twenty-six years old, of healthy parentage, inoculated successfully in his second year, in his seventh suffered from fever, which became malignant and passed into a nervous fever; at the termination of which, the disease fixed itself on the upper part of the thigh. By the external application of medicine, and by fomentations, an abscess formed on the inner-side of the limb, and discharged much matter from an opening that took place of itself. Being greatly reduced by long-continued sickness, and his parents being very poor, the patient could no longer

bear up against it. The abscess discharged purulent matter during two long years; from time to time fresh abscesses were formed on the diseased places, accompanied with agonising pains: they were, however, softened by fomentations, came to maturity, burst open and discharged a quantity of pus, without healing up, and constantly excreting matter—two or three openings appeared every year. Against this disease all sorts of medicaments were applied internally, as well as externally, plasters, salves, poultices of herbs, fomentations, &c., by physicians and non-physicians; but without any good effect whatever. Many of the openings healed, but broke out sooner or later, forming holes, through which, under violent pains, pieces of bone, that had been exfoliated, were discharged in a brittle state, and as if they had been worm-eaten.

During the seventeen years that he was ill, thirty-six openings of this kind, with abscesses, were formed, and brought him nearly to his end. As all remedies were now ineffectual, amputation was proposed; but the patient would not consent to it. Soon after, his attention was called to the cold water treatment. His resolution was soon made up.

DESCRIPTION.

The hair nearly gone, the eyes deep in the socket and feeble, the face fallen in and earthlike. Patient had the appearance of an old man, the tongue white and unclean, no appetite, much thirst, [other symptoms as in former case]—the left leg drawn backwards in the lower part; the knee joint on the left side swollen and immovable; the knee pan nearly displaced, seven openings, discharging matter on the thigh, about the head, knee and breast; in the morning much perspiration, which occasioned a sensation of debility—small, hard quick pulse, with frequent cessation, sleepless nights, occasioned by the pain in the diseased part.

June 6th, 1839. As the patient was so extremely enfeebled, the first thing to be done was, to improve the digestive organs; he was, therefore, to commence with drinking fresh water, the diet was at first somewhat spare and cool—this was continued eight days, and the diseased limb was covered with bandages, dipped in cold water and well wrung out.

June 14th. Patient somewhat stronger, complains, however, of

violent pains in the part affected ; the discharge from the sores is increased ; the disposition irritable, inclined to tears ; by day-light the whole body was washed in tepid water ; and as he could take no exercise, he was placed in the bed, to warm himself.

June 18th. At an early hour tepid washing ; the bandages closely put on, were continued. More nourishment given, as the digestion was better ; frequent draughts of cold water ordered, particularly in the first part of the morning, when much expectoration took place ; the night sweats less troublesome.

June 24th. Cold water was now used, morning and evening, to wash the body with ; the skin, which had been dirty and parched, is cleaner, and after the ablutions, looks reddish. About mid-day a cold bath for a quarter of an hour. This operates so strongly on the diseased part, that it feels as if it were cut through. Much matter discharged ; the ulcers beneath frequently sprinkled with cold water.

June 28th. Sweating early in the morning for an hour, tardy and very foetid ; painful feeling of lassitude, at the time, in the limbs ; several old cicatrised abscesses seem about to break out again.

July 2nd. During the night more openings, discharging foetid matter ; which, as it flows out frequently, requires the wet linen to be constantly renewed. The bath for half an hour ; in the afternoon, the douche taken for three minutes, when violent pains in the diseased place came on but went away in half an hour, and left behind considerable alleviation. The appetite, as well as the digestion, perceptibly improved.

July 6th. Violent palpitations of the heart on the perspiration breaking out, so that the patient must be taken out of the blanket, to prevent the feeling of suffocation. He became exceedingly uneasy. After using the bath, the heart is as quiet as during perfect health : sleep good ; patient drinks already thirty or forty glasses of cold water, daily.

July 12th. The new openings are healing, others are in course of formation, causing a feeling of pain about them : the leg is still twisted backwards, the knee joint immovable, and more swollen and painful than before.

July 18th. Cold bandages are placed on the breast on account of the palpitations ; in the evening a sitting bath for half an hour ; the

cold ablutions three-quarters of an hour. The face is now fuller, the eye less sunken and more lively; douche applied ten minutes every day.

July 26th. Patient complains of oppression in the head, want of appetite, much thirst, anxiety of mind, lassitude in the limbs, alternations of heat and shivering, dry burning skin, during the whole night. He was wrapped up in wet linen; towards the morning vomited some slimy bilious matter, and felt his head relieved.

July 27th. An eruption on the upper and lower limbs, as well as on the breast, and in greater profusion on the diseased limbs—much thirst with a sensation of hoarseness in the throat, and an inclination to cough.

July 28th. The eruption is coming to maturity; the little blisters contain a liquid, resembling milk. The sweating and bathing have been omitted some days; the patient drinks much water and takes little food.

July 29th. The blisters, that first came, have burst and peel off in small pieces; the feverish symptoms and the hoarseness in the throat have vanished, but the tendency to cough remains. The treatment is continued with some addition to the food.

August 6th. The eruptions on the diseased limb have disappeared, and in their place, others have come and constantly cover it: pieces of bone are thrown out from several of the openings, and occasion a feeling of pain; the cold ablutions are now used for an hour.

August 12th. An hour's sweating twice a-day; from two openings, pieces of bone again thrown out, brittle and wormeaten in appearance. The douche taken for fifteen minutes.

August 20th. Patient feels in the diseased limb, as if something was cracking, and about to come away; he can now walk without crutches. He is much annoyed by the sweating; which wearies him, and he frequently begs to be unpacked. The perspiration is no longer foetid.

August 28th. He complains of pains in the stomach, &c., (what follows, shews that the liver had been brought into action, as if under the influence of calomel, blue pill, &c. I omit the details, as my readers are probably unacquainted with the mysteries of a sick chamber), lassitude in the limbs, want of appetite, much thirst, and

irritability of mind. The sweating must be discontinued. Sitting bath for half-an-hour; wet bandages on the abdomen applied.

August 30th. When the sweating was renewed the former symptoms having disappeared, and the douche was used for twenty minutes and cold ablutions for an hour and-a-half.

September 6th. In consequence of increased strength of body the patient can now walk some distance with a stick; the cracking hollow sound in the diseased knee joint is more perceptible, and there is a sort of convulsion in the limb as well as in the knee pan: during the treatment the diseased limb was necessarily bound with wet bandages, to bring it into a state of perspiration with the rest of the body.

September 14th. For some days new openings have appeared, and the linen is considerably stained by the matter they excrete; the ulcers which had commenced some weeks ago, are most of them healed; the fore part of the limb can already bear stretching out.

September 22nd. For some days, pieces of bone have come out with much pain from the recent openings; the diseased part, however, is in consequence stronger, fuller and more pliant. The application of cold water is continued without any omission.

October 1st. The skin, which was before inert, lax, shrivelled, and foul, has quite a healthy appearance, and is easily excited to perspiration; the palpitations, during the sweating, have entirely ceased; and the diseased limb perspires without the aid of wet bandages.

October 12th. The patient's health continues to improve visibly; except the recent ulcers, nothing particular has occurred.

October 24th. The crupion on the sore limb has for some time increased. How acrid the exsudations and excretions from the sores are, is seen in the linen used. The stains upon it can in part only be removed by soap and warm water, after every washing, spots still remain. Once a day sweating.

November 6th. The hair, which had fallen off, has come on again during the treatment, the same in quantity, colour and in other qualities. Cough rare; the knee pan admits of being moved to either side. The fore part of the limb can be stretched out still further, and the patient can walk a distance of six or eight hours.

November 16th. The cough is quite gone. The openings of the ulcers are healed, except two, from which but little watery stuff exsudes. The boil on the diseased knee joint is completely removed. Sweating continued.

November 26th. The two openings of the ulcers discharge and appear to be healing. From the thirty-six openings, up to this time, has been thrown out an ounce of various loose, wormcaten pieces of bone.

December 6th. The whole body has recovered its strength; the muscles have acquired their fulness again. The limb, which, while diseased, had completely fallen away, is as healthy as the sound one; motion in every direction is free; the patient can step out on the whole foot; all the functions are regular; he enjoys his new existence, and expresses his gratitude to the fresh, cold, pure spring water. With tears of thankfulness and joy, the patient quitted the establishment on the 6th of December, 1839, to assist his parents by his industry in earning their scanty fare.

THIRD CASE TREATED BY DR. EMMEL, OF KALTENLEUTGEBEN.

Gout with excrescence of the bone. Patient of strong constitution; thirty-four years of age; of healthy parents; had the natural small pox favourably when a child; suffered frequently from swelling in the glands of the neck, but not of late years; had the itch which was removed by a salve; and went through several inflammatory complaints and bilious fevers, which were cured by medicine. Obligated by his profession to take much exercise, night and day, winter and summer, through all weathers, and again for hours together to stand still, he brought on, in consequence, rheumatism and gout. The latter produced even excrescence of the bone.

Years passed in this way till the patient became acquainted, of himself, with the virtues of cold water. Having an official situation in K——, he saw patients treated for chronic complaints in this way from beginning to end, and observed how effectually the water operated and how satisfied with it they were. He determined therefore to try it and got rid of his.

DESCRIPTION OF THE DISEASE.

Vertigo; deafness; slimy glutinous expectoration frequently;

respiration obstructed; oppression on the chest; abdomen swollen and tight; heavy crampish contraction of the limbs. In the day-time often an oppressive heat with a rapid pulse and a pinching afflicting pain in the back, the loins and the hips; patient cannot bend forward or sit down on the right side in consequence of an excrescence of the bone, which is exceedingly painful and as large as a child's head; constipation; sleepless nights; uneasiness of mind.

To combat these symptoms, he employed the cold water treatment in 1838, and found his general health improved, his mind more cheerful, the excrescence somewhat diminished, and the attacks of gout less severe, &c. Forced by the nature of his business to exert himself very much, night and day, and particularly in the winter, and to stand for hours in all weathers, the disease was aggravated, and he was compelled to resume the water treatment in 1839; that of 1838 may thus be considered preparatory.

April 2nd, 1839. The patient, having washed himself with cold water during the winter, was ready to begin the treatment in its state of completion, and was therefore wrapped up, that sweating might be produced. This did not take place till six hours had elapsed, when the windows were opened, and he lay for an hour and a-half in a state of perspiration. The head, neck and breast were then washed with fresh water, and he was put into the full bath for three minutes, at mid-day he took a douche for five minutes, and in the evening a sitting bath for half-an-hour. To drink forty glasses of water every day.

April 8th. Perspiration copious but watery; anxiety of mind; much expectoration of slime; sleep restless; constipation relieved by cold injections; appetite very good; two sitting baths for an hour each; a wet bandage* to be worn on the abdomen night and day; exercise after the bath.

April 16th. The limbs all contracted as if with the cramp, oppression in the head; the skin, after the bath, very red and active—douche ten minutes.

* This bandage consists generally of a long piece of linen wound round the body, the part which covers the abdomen, having been previously dipped in cold water, and wrung out with the hands. By the warmth it produces, it keeps up a constant action in that part.

April 24th. Pains in the loins and hips ; no sleep ; perspiration of a strong sour smell : injections necessary, the abdomen swollen and tight ; sweating twice a-day.

May 2nd. Oppression in the head, while sweating ; wet bandages on the head ; cramp of the bones in the middle of the foot, particularly at night ; cold water injected into the ears three times a-day.

May 10th. Perspiration copious ; running through to the floor of a dark brown colour ; sweating continued for three and even four hours ; patient complains of pains near the kidneys, the secretions from which are slimy ; douche for fifteen minutes.

May 18th. The excrescence of the bone larger and more painful, firmly fixed, and appears to be somewhat soft about the summit ; no more pain in the loins and hips, no sleep, appetite very good.

May 26th. Injections no longer required, much slime expectorated ; the glands of the neck a little swollen for some days ; pains for four days in the collar bone on the left side ; much slime secreted by the kidneys ; an hour's foot bath, &c., as before.

June 3rd. The pains in the collar bone gone ; less slime expectorated ; near the kidneys on the right side, a painful swelling appears as large as a hen's egg, and soft, without changing the appearance of the skin : appetite very good—no sleep.

June 11th. Much slime still from the kidneys during the night ; the glands of the neck quite free from swelling, and no difficulty in turning the neck in any direction ; the swelling above the kidneys increased.

June 19th. The excrescence of the bone (os coccygis) is lessened ; while the swelling or boil before spoken of is larger in extent and more painful. To increase the stimulus upon the body, the patient after sweating, is ordered the full bath for three minutes, and immediately afterwards, to take the douche from fifteen to twenty minutes—particularly upon the excrescence.

June 27th. Perspiration very copious and foetid ; no sleep ; appetite excellent ; the abdomen soft, but swollen ; the ordinary functions daily performed ; the deafness is diminished.

July 5th. Pains in the loins for several days ; the boil continues to increase and is more painful. The excrescence is softer and smaller ; wet bandages upon this part without omission.

July 13th. The abdomen on the right side much swollen, and on pressure, tight and painful. Pains in all the limbs: bandages put on the diseased parts. Patient drinks every day sixty glasses of cold water; the sweating, baths, douche, &c., continued regularly.*

July 21st. The boil sinks downwards, is level, soft, and still very painful; no change in the colour of the skin; the glands of the groin also begin to swell and are painful; the patient cannot bend forward, and walks with difficulty.

July 29th. That part of the excrescence which remains hard can be moved up and down, and is less by one-half than at the commencement of the treatment; the patient can even sit upon it side ways; little sleep during the whole course; appetite very good; perspiration foetid and copious; slime still secreted from the kidneys.

July 30th. As the patient's furlough is over, he must go home in the beginning of September, and can use the baths, &c., but without the sweating, till December 1839, at which time the boil or bubo, before mentioned, had become very large, and extended to the pit of the stomach; and, as there was no probability that it would break of itself externally, I lanced it; and from the opening thus made, a basin-full of matter came out in the course of half an hour; when the discharge was over the patient slept, for the first time, all night.

August 5th. The right side of the abdomen, as well as the glands of the groin, are less swollen; during the sweating frequent burning convulsive pains in the limbs; patient more cheerful; takes a half bath, for half an hour, about mid-day.

August 14th. The bubo sinks towards the hip, &c., is still very large; but decreases considerably every day; appetite very good, &c.

August 22nd. Sweating once a day; the excrescence almost entirely gone; the bubo still flat, and the colour of the skin unchanged; patient feels there an itching sensation, on pressure something seems to crack.

Matters went on thus for half a year. The right side of the abdomen began to be smaller and softer; night and day the opening discharges matter as much, as in four weeks, by a moderate calculation, would amount to ten pounds. The patient is now in good

* These glasses are about the size of a small tumbler.

health, and discharges his official duties with the greatest assiduity and without any further inconvenience.

* * * * *

The fourth case recorded in this journal, by the same physician, is extremely interesting; but as it is no easy matter to omit those details which may be thought indelicate, and yet to convey an accurate idea both of the disease and of the treatment, I pass on to the next, which, though liable to the same objection, is of such a nature, that I hope I shall be excused for inserting it at length, as it may lead to reflections of practical value; and may be skipped over by sensitive readers, if such have followed me thus far.

FIFTH CASE.

Diarrhœa. Patient twenty-two years of age, of large and strong build, of healthy parents, inoculated favourably, became ill without any apparent cause. On inspection appeared the following symptoms. Face pale and fallen in; the eyes feeble, and melancholic; the eye-lids swollen and red; the tongue covered with a white sediment; violent thirst; no appetite; involuntary vomiting of slimy matter; pains in the breast; patient obliged to lie on his back; pains in the abdomen; rolling in the intestines; tightness in the stomach; the abdomen tight and swollen; urine defective; skin cold and moist; burning in the rectum; protrusion of the sphincter muscle; evacuations with blood and slime, fifty or sixty times in twenty-four hours; fainting fits with much weakness; cramps in the calves of the legs; pulse irregular, small, and weak; no sleep. Various domestic remedies had been tried for many days without effect.

On the fourth day, I was called in, and found the patient with the above symptoms in a dangerous state. After I had examined him, I ordered him to take inwardly a mixtura oleosa, with laudanum liquidum. Sydenham: to put bandages of warm bran on the abdomen, and to inject slimy enemata.

On my next visit, (the fifth day,) the symptoms were worse than before; the same remedies were continued with the addition of Dover's powder; a sinapism was put upon the whole of the abdomen, and remained till the part became red. The diarrhœa still continued.

On the sixth day, I found the patient very weak and in danger. Conceiving the *tinctura opii* would most safely give relief, I administered five drops by the mouth, and ten in an enema, every hour; but this remedy failed, like the others. I, therefore, gave the dose in larger quantities, increasing the former to ten, with sugar, and the latter to twenty drops.

Such was the mode of treatment till the eleventh day. As I visited him in the forenoon, he lay in a state of complete debility: his countenance thoroughly distorted and emaciated, and the eyes faint and troubled; unquenchable thirst; short difficult respiration; abdomen contracted and painful; limbs immovable; urine in small quantities; cramps in the calves of the legs; cold clammy sweat over the whole body; excretions thin, and resembling broth; (of these there had been 700 in eleven days); small intermittent pulse.

I visited him for the second time the same day, in the evening, found him in the same hopeless situation, and declared to his wife and those about him, that there was no hope of his recovery; observing at the same time, that perhaps, he might yet be saved by means of cold water, and that I would try it, with his and their permission. Having received this, I ordered them to give him every five minutes, a glass of water to drink, fresh from the spring; to put a bandage dipped in cold water, and well wrung out, over the whole of the abdomen, with a dry napkin, folded together several times, over it—to be renewed every half hour. In addition to this, an enema of cold water was administered, and every kind of medicine laid aside. This was continued during the whole of the night.

On visiting him early the next morning, I found him essentially better: the thirst had remitted, the respiration was more free, the abdomen was no longer drawn in and painful, the diarrhoea had ceased; the pulse was regular; the sweating and cramps in the legs, however, still remained. I now ordered him a little broth made of meat. The bandages and the draughts of water were continued; the calves of the legs frequently rubbed with pieces of woollen stuff dipped in cold water; and the injections wholly discontinued. With this simple treatment, the patient, so lately at death's door, rallied in the course of a few days: the natural functions were restored; and, on the sixth day, he was able to leave his bed.

At the moment I am writing down this case, the patient is in a

state of convalescence from a nervous fever, for an escape from which he is indebted to cold water alone.

Dr. Schmitz, the editor of the "*Water Friend*," expresses in a note his surprise that his professional brother, who is so familiar with the powers of the cold water method, should not have applied it immediately, instead of waiting till the disease had arrived at such an alarming height. His asking permission, however, to make the experiment, seems to imply, that his hesitation arose from some other cause than any doubt he might have entertained of its efficacy.

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Of all the miracles that this "heroic remedy" has performed in its cradle, none perhaps, can be found in the numerous publications dedicated to its service, more memorable than the following from the "*Water Friend*," January, 1841—No. 2.

The case is communicated by Dr. Barchewitz of Bromberg:—

"On the 22nd of April of last year, I was requested by Mr. Schrader, the Prussian king's district commissary, to accompany him to Strelewo, a village nine or ten miles from Bromberg, to examine an invalid, who for twenty weeks had been lying, without any kind of medical or other assistance, in a pig-stye, and without even fresh straw* during the whole of that time. I went immediately, and

* I am acquainted with two cases of disease, where the patients were considered in a hopeless state, cured by means of cold water, long before Priessnitz was heard of even in his own country. The one was a sort of leprosy, by which the sufferer, a poor cottager's daughter, was reduced to a state of bodily suffering little less than that which the patient here described was afflicted with, with the addition of mental weakness, approaching the worst feature of eretism. By dipping and washing her every day in cold water, and afterwards sweating her in blankets, her health was so far established, that she ceased to be a burthen to her family and to herself. The lady-doctor, from whom I had this account, was pressed by some of her richer neighbours to undertake more of the same kind—such is the sympathy that good minds feel for those who suffer! and such is their admiration for those who relieve them! Had this benevolent woman—and a more benevolent creature never looked "with such pity as angels feel on the distresses of mortality"—accepted the proposals made, to set her up in an hydriatic establishment, Shropshire might have claimed or suffered the honour or the disgrace which has fallen to the lot of Silesia. In the other case referred to, a lady, now living in London, saved her daughter's life, some twenty or thirty years ago, in the West Indies. She was supposed to be dying, of a malignant fever, and the physician had taken his leave for the last time—when the

found a young woman, twenty-six years of age, lying on straw, in an ante-chamber, into which she had been carried in the interim from the pig-stye, and of which the crevices, but very scantily stuffed with clay, allowed a free passage to the air: she was covered with a slight feather bed (oberbett) and a damp shift on the body. On closer inspection, appeared the following symptoms: an enormous plica polonica covered her head, which swarmed with vermin; the parotid gland of the left side was in a state of inflammation, and swollen to an immense size. The lower extremities were motionless, and of such a monstrous thickness, from the upper joint to the toes, and their surface so inflamed and swollen, that it seemed as if they would burst every moment. On looking still closer, it appeared that morbid matter arising from rheumatism had settled upon the cellular membranes of the lower extremities, and produced a pseudo-erysipelas there. Besides this, the patient, who was evidently affected with a serofulous diathesis, complained of violent wandering rheumatic pains in all the limbs, which were thus rendered incapable of motion; of extraordinary dryness in the skin; of exceedingly severe pains in the head and much thirst. She was in a pretty strong fever. The appetite was good, and the natural functions regular, except that the secretions from the bladder were slight in proportion to the liquid drunk. The abdominal viscera were in a healthy state, with the exception of that comparative hardness, which generally characterizes serofulous complaints. By the benevolent contributions from the local government, and some kind friends of cold water, so much money was collected, that we were enabled to place the patient under the care of two women, who had a house to themselves in the city, and I undertook the treatment. The services of the two women were tolerably sufficient; and the cold water method was employed upon the patient in the

parent, with that instinctive feeling which despair instils into the maternal breast—that *una salus nullam sperare salutem*, ordered the attendant to bring a pail of cold water and some sheets. Having dipped the latter in the water, and wrung them out with her hands, she enveloped the expiring sufferer in them; and, covering her up in blankets, watched by her side, till she perspired, when she recovered her senses and called for something to eat. The rest need not be told. If every one were to follow this woman's example, the saving of her daughter would be the ruin of her family—for her husband is a drug-merchant.

following manner. With a light and usually a cool diet, I ordered for the lower extremities, night and day, wet fomenting bandages.* Every morning early and every afternoon, I ordered her to be sweated freely in wet linen, and to be placed immediately afterwards in a cold bath of 8° R., to be rubbed strongly, and to remain there for five minutes. She was to drink every half-hour half-a-pint of spring water. In consequence of this treatment, at the end of four weeks, there appeared already at both of the lower extremities considerable boils, attended with violent fever. These threw out a great quantity of very foetid matter, by the discharge of which, the swelling of the lower limbs was somewhat reduced; though it became larger as they healed. Fresh boils continued to rise on these places, discharged much pus, and healed again; till at last, at the end of September last year, some very large boils appeared on the lower limbs, discharged an enormous quantity of stuff, and when they were healed, the limbs recovered their natural size and their mobility completely. At the same time, after the sweating on the 26th of September, the plica polonica fell off of itself into the bath, in the shape of a cap, weighing at least two pounds, after it had gradually loosened itself from the head, and at last was retained in its place by a few thin hairs alone. I must however observe, that these last boils continued to secrete matter much longer than the others, and were not completely healed till the middle of October. At the present moment, the patient is so fully recovered from all her ailments, that she can again attend to her occupations. The rheumatism, the diathesis scrofulosa, and the plica polonica, are so completely cured, that she has now a blooming healthy appearance, and no traces of her former sufferings are to be seen. This case remains on record, and cannot be explained away in the usual manner by practitioners of the old school (allopathen) as if the disease had not been of so serious a nature—the ordinary expression in cases of severe illness successfully treated with cold water.

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A passage in the *Edinburgh Medical and Surgical Journal*, for

* These bandages, as I have before observed, are previously dipped in cold water, and wrung out with the hands. They act as fomentations, by exciting the skin, and are renewed from time to time, according to the purposes for which they are employed.

October, 1807, shows that cold water is very far from being a novelty when applied in cases of plica polonica; for which we are there told, "Hirschel orders the head to be shaved, and *even frequently washed with cold water*; and this practice we know has been carried into execution with the happiest effect, by M. Hœnel, a surgeon of the Prussian artillery. The account of M. Hœnel's success was communicated by Dr. de Carro to the Editors of the *Bibliothèque Britannique*. "Some years ago, one-third of the recruits of the regiments of artillery brought from South Russia were attacked with plica polonica. An order was received from Berlin, to send to that city all those that were infected, and to take care that the disease was not communicated to others. This order, it appears, was not agreeable to the commanders of companies, as it would have occasioned the loss of at least 200 young soldiers. M. Hœnel, surgeon-major of the artillery regiment, became mediator in the cause: he made the recruits be brought on the ramparts, and ordered that a general shaving should be made. In a little time a pile of pica was accumulated. By this simple method those dirty Polanders were speedily transferred (transformed?) into good soldiers, without having in the least suffered by losing this precious ornament of their heads." "This statement clearly points out," says Dr. Thomas, from whose book we have borrowed the above translation, "that absurdity of the opinion entertained by the generality of the Polanders; and shews that the disease, now in question, may be cured with as much safety as tinea capitis." It may be observed here, that the Reviewer is startled at the idea of cold water, though applied to the head alone, and would no doubt, have condemned its employment in erysipelas too as strongly as his brethren; among whom we find, according to the *British and Foreign Medical Review*, April, 1842, that Pearson is decidedly against the use of cold,—and Liston says that, "cold lotions may afford temporary relief, but their use is fraught with the utmost danger;"—and Alibert declares, "that to apply cold is madness."

What then are we to think of the Germans, who persist in curing erysipelas with cold water, in spite of these authorities? It is certainly singular, that any people should run voluntarily into "danger," and be incurably enamoured of "madness." A memorable instance of this infatuation occurred not long ago in Ilmenau, where

a lady was saved from death by this "fatal remedy," from this very disease. One of the physicians, who had been sent for from Jena, between twenty and thirty miles off, had left the patient in a state of insensibility, and apparently at her last gasp, when the other persuaded the parents to try this "last hope." An erysipelatous affection she had had in the face, had been thrown in by some medicine she had taken. I had the account from her father, the clergyman of the place, and her brother, both of whom had, till then, been determined enemies of the new method. She was a widow—I may say fortunately for her—for perhaps her husband would have risked the awful responsibility which the others had no scruple in assuming, and which they had at last transferred to the doctor. It is somewhat singular that the patient wished, while capable of expressing her wishes, to make the experiment. "You will allow it to be tried," she said, "when it is too late."

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Lest it should be doubted whether these "water-doctors" are "honest chroniclers" of their own exploits, I will now adduce the testimony of one, who, if his tale is to be believed, can have no bias on his mind, but what must do honour to his humanity and gratitude. It is extracted from the same journal (April, 1841,) and is headed

ADVICE AND WARNING.

A conviction that the narrative of a father's experience would have more influence in persuading many an anxious doubter to seize the blessing which the cold water treatment offers, than the most impressive description of an analogous disease, in gaining proselytes, and the observation I have made, that there are, unfortunately, persons so infatuated with the method, as to believe that the relief it gives is more certain as its application is more violent—make it a matter of duty with me, to conquer my disinclination to write, and to contribute my mite towards that harvest of good for mankind which is already so rich. The severe truth of my report, and the good motives in which it originates, may perhaps claim indulgence from the reader, for the inexperience of my pen.

I too was one of those who ridiculed the new doctrine, and those more particularly had to smart under the lash who walked about with leathern goblets—persons whose former devotion had been paid to mustard-seed and Morrison. No request to read, but for

once a water pamphlet, that I might form some judgment, had the least weight with me. At last I promised one of my friends,—merely because I thought I owed him some satisfaction for my jokes—to look over his books on the subject the first opportunity; and the next morning he sent me that truly popular pamphlet, written with such simplicity and clearness by the Court Secretary Gross, of Vienna. I had read this hearty little book in the middle of December, 1836; and New Year's Day saw me commencing preliminaries for daily ablutions of the whole body. A couple of glasses fasting, and one at bed-time, and at other times when required, were combined with abstinence from spirituous and exciting liquors. And as the good effects were soon felt, I became a thorough hydropath,* as every one is and must be, who has tried this method, and neither misuses it, nor expects too much from it. To my three youngers, who already shivered on seeing the ice-crowned pails carried into my room, I gave such a clear description of the pleasant sensations it produced, that they submitted, as early as March, almost of their own accord, to this morning's work; and what now remained for my wife to do? She followed our example, and not only a stomach complaint, against which the skill of two celebrated physicians had failed for five years, was, in the course of three months, entirely removed; but at the same time a fever, which occasionally deprived her of sleep, and shewed itself at bed-time by a peculiar contraction in the upper arms, yielded entirely to the sprinklings and rubbing with cold water. My youngest boy, who had suffered much from functional irregularity, which returned in spite of the temporary relief afforded by medicine, was restored, in six weeks, by a dozen injections of cold water, to a state of perfect health. On the 30th January, 1838, my youngest was attacked by the measles, and, for the first time, a physician familiar with the healing qualities of cold water was called in. My wife, every morning and evening, applied, with her own hands, the rapid washings and sprinklings of cold water, and immediately carried her patient, with his teeth chattering lustily, into his bed; and enjoyed a mother's delight, as the surface of his body became redder and redder, the spots increased in number, and her child seemed, as it were,

* "Inappropriate as this expression is," says the writer, in a note, "I use it because it is naturalised." Perhaps the word hydropilist would be better.

swimming in purple under the light covering. Strict diet, cold water to quench the thirst, and, in spite of the falling snow, a window half opened, that the lungs might inhale fresh air, were the only medicaments used. Most of our neighbours shook their heads gravely at our proceedings, and others muttered something about unnatural parents. Seven days after, my spotted patient, already stout, lounged about with me, and then it was—"Very lucky! but he won't do that again." On the 11th, however, my second had the measles, and on the 12th my eldest; and the same treatment was followed by the same good effect. On the second day, no vestige of the fever remained; and on the seventh, the patients were walking out in the open air.

That I endeavoured to give the greatest possible publicity to these remarkable events will be the more readily believed, as it is known, that at that period many in our city had died of the measles, under medical treatment; and others had been afflicted, in addition, with hooping-cough, inflammation of the breast, and even with dropsy of the chest. Yet, neither these facts, nor the enumeration of so many distinguished physicians, who had so long practically shown what benefits were to be expected in exanthemata by cold sprinklings, could conquer prejudice; on the contrary, it grew stronger, from the circumstance that the cold water was not used, in certain cases, till the power of re-action had received a fatal blow from calomel, blood letting, &c.

The fifth year had now commenced, and not a tea-leaf, much less a drop of medicine, had found its way into my house; yet many a case occurred, which formerly would have been protracted for months by doctors' stuff, and now passed off as a mere indisposition, under the influence of this simple and natural method. For this good fortune I am chiefly indebted to the dietetic use of cold water, as most indispositions usually disappeared the next day, with some slight eruptive symptom on the skin. O! could I but call earnestly enough upon all mothers, particularly those who prevent their husbands from trying this beneficial remedy, take example from my wife, and you will enjoy the blessing of seeing your earthly happiness secured in the uninterrupted good health of your children! To this wish I add the solemn assurance, that, spite of the dreaded cold washing every day, and the cold water in the stomach uncheered by

spirits, the second year is nearly closed, and not one of my children knows any thing of cold or sore throat. I must, however, with the same regard for truth, mention, that in the winter of 1838, my two elder boys had their toes and feet slightly frozen, probably in consequence of going to school in the cold, before the re-action from the cold water had restored the circulation to its equilibrium; and it was therefore resolved, with good effect, to have the ablutions, in winter, just before going to bed. When the frost was very severe, the temperature of the water was occasionally raised to 10° , as I found that this fully answered the purpose. I may add, that the coldest weather finds my youngsters without neckcloth.* The minute attention I paid to this important circumstance, in all its bearings, as far as a non-professional man could, made me a sort of authority with the initiated here; but I used this influence, chiefly to warn against overdoing the thing, and to check the errors of self-treatment—errors which are best guarded against by the principle of derivation (*ableitungs-theorie*) for whoever, as unfortunately it often happens, would treat a diseased function of one of the nobler organs by local bandages and immersions alone, might suffer very materially, according to the circumstances of the case. I have myself felt the beneficial effects of this consideration, in several instances, when I could not at the moment have my physician's advice. I will mention but one of these. Last winter an inflammation of the eyes came upon me, while at an evening party, owing to a congestion of blood. It was so violent that, though I drank a great deal of water, when I got home I could not see a trace of the chandelier; a large disk, of a light grey colour, was all that indicated the presence of a light. My wife was so much the more alarmed, as eight years

* The writer observes, in a note, that, though the habit of using cold water in this manner may seem to occasion great loss of time, that none of his children lost in this way more than three minutes. What he says of the safety with which human beings may be exposed to the sharpest cold, I can confirm by a fact, which was told me last year by Mr. Salzman, whose establishment for boys, at Schnepfenthal, not far from Gotha, is well known in Germany for its excellent administration. As I was particularly struck with the healthy appearance of the boys, who were playing about the grounds without any covering to the head, I asked him whether they wore hats or caps in the winter. His reply was—Never! even in the long excursions we take occasionally in the mountains. Our average number is forty, and we have not had one death here since the school was founded, fifty years ago, by my father.

before I had suffered severely from weakness of the eyes, and had been obliged, in consequence of frequent complaints in those organs, to have an issue put on the upper part of the arm. I was not, however, dispirited; I took a sitting bath for about half an hour; had myself frequently sprinkled with cold water, and placed cold wet bandages on the eyes and the back of the neck, every quarter of a minute on the eyes, and less frequently on the neck, to allow full play to the stimulus. As soon as the re-action of the sitting bath was effected, the last vestige of the inflammation disappeared. Four years before I had, while bathing in the Danube, dispatched the contents of my issue to the black sea (whether to take part in the Oriental question or not is more than I can say.) My eyes, so far from suffering from this, have become even stronger, a result to which my observance of the instructions given in such cases contributed; though I followed them so far only, as immediately after taking the face bath to have the whole body washed and sprinkled;* thus diminishing, by the general re-action, the local afflux of blood:† as I was afraid the predisposition to inflammation in the eyes would be increased by the exclusive flow of blood to those parts. In cases of slimy secretions in the stomach, in chronic hoarseness, in catarrhal obstructions, baths for the mouth have been of great service. Pauley, the merchant in Vienna, much as he has been laughed at for his zeal in recommending this remedy, deserves our warmest thanks for his communications. Let any one, who suffers from tightness in the chest, &c., make the trial, and, constantly ejecting the water after it has remained some time in the mouth,

* By sprinkling, the writer means, generally speaking, squeezing a sponge, filled with cold water, over the head, shoulders, back, &c.

† The cause of the writer's apprehension may be understood by referring to a passage in Beaupré, as translated by Dr. Clindinning. "Hagendon states that a woman, afflicted with erysipelas in the face, having applied linen soaked in cold water to the part inflamed, derived transient relief from it, which however was followed by frightful delirium, and finally death. Hoffman mentions a similar case, in which the same measure caused inflammation in the throat, which (and) put the patient in the greatest danger. It appears, then, improper to apply cold remedies to symptomatic erysipelas from internal cause, because they act as reprecutients or perturbants." It is in this manner that men, who have too much or too little shrewdness, bring hydriatics into disrepute, and the sins of the experimenter are visited on the principle. The medical visitors of Gräfenburg, or Elgersburg, would smile, without surprise or malignity, at the "*cum hoc ergo propter hoc*" involved here.

he may judge from the quantity of slime in the basin he uses, how much the whole of the throat has been refreshed, and the complaint gradually subdued.* This, besides, is a remedy that can be recommended, without danger, to non-medical persons: and here I would earnestly exhort our band of fellow-workmen:—be unflinching in your allegiance to the power of nature, and hold fast the belief, that she is best assisted in her efforts by the judicious use of cold water, in conjunction with appropriate diet. Be convinced too, with me, that an irrational and rash application produces most melancholy results. Hence my honest remonstrance against all self-treatment, whenever indisposition has assumed the form of decided disease. Do not be misled by any description of analogous cases, success-

* I have myself witnessed the good effects of this harmless experiment, in the case of a poor fellow who was almost choked, while the tears were streaming from his eyes. This expectorant did for him in one minute all that the common remedies could have done. I may add, for the benefit of dyspeptics, that coughing, when it proceeds from the stomach, has been relieved by enemata of cold water. As these distressing symptoms have, when the application was employed, fifty times, with the same person, never failed to vanish immediately, and to be followed by sleep, which might perhaps have been denied during the rest of the night, it is worth while for others who suffer in this way to make the same trial. The water should be retained as long as possible. Travellers (and indeed all who tarry at home) ought to make themselves familiar with the sedative qualities of cold water in the case of boils, blisters, &c., whether it be applied in the form of bandages or in any other. What follows may supply some useful hints. “Travelling,” says Beaupré, “in 1799, on the coast of Genoa, in the midst of summer, I was obliged to pass the night in a room without windows; overcome with fatigue, and tormented with heat, I slept stretched on a bed without clothes or shirt; on awaking, I found myself cruelly bitten from head to foot by guats: the pruritus I felt was very painful, and I had a general sensation of burning heat, which harassed me, and gave me not a moment’s repose. I ran immediately to throw myself into the sea; I took the bath for an hour and a half; the relief was instantaneous; in the evening I took another; and all the little erysipelatous phlegmons that embossed my body vanished. Thus cold and ice are the best local sedatives for the bites of all insects. It is proper to keep the part immersed for one or two hours, or longer if necessary, until the cold shall have overcome the pain and erethism.” It is probable that wet bandages, continually renewed, would have answered the same end. No man who can afford it ought to travel in foreign countries without a portable shower-bath. He may be sceptical when in health, and find a death-bed repentance come too late. Beaupré says, in another passage, “that convulsions have ceased after the administration of cold water enemata,” and “ices have, as if by prodigy, delivered hysterical women from palpitations and symptoms of imminent suffocation.”

fully treated, to undertake the cure of your own, or to advise any thing of the kind to others; for diagnosis has often mocked the ablest physician: and how can we laymen escape the same fate in the most simple case? The excuse, that we have acted to the best of our knowledge and conscience—is never admissible in our case, and one single mistake may outweigh a hundred cases of success, and throw its dark shade over the remainder of life. But, if you have no physician in your neighbourhood sufficiently acquainted with the healing properties of cold water, to have gained your confidence, and, if with me, your faith in the Latin hieroglyphics is too much shaken to look thither for relief, it would be better in case of sickness, to do as follows: observe a strict diet; drink nothing but water, without taking too much; and let nothing but uncomfortable sensations in the stomach force you to drink against the grain till these are removed; attend particularly to the functions of the lower viscera and the supply of pure air for respiration; wash yourself carefully all over with cold water; when the blood boils wrap yourself up in wet sheets* frequently, and draw

* That all patients, treated hydriatically, are wrapped up in wet sheets is believed by men who would justly be displeased if they were reported, in Germany, to bleed all under their care, whatever the complaint. Their credulity and their scepticism are equally inexplicable: they believe that creatures, endowed with as much reason as themselves, will tamely submit to be killed with cold water; and yet will not believe that others, who are no more insane than they are, can be cured by it. Another notion floating in the public mind, would lead to suppose, that cold water is applied immediately and indiscriminately. All such rumours are calculated, if not intended, to create aversion and abhorrence. As the object aimed at in this method is to stimulate the vital powers by exciting reaction, it will at once be apparent that such a disparity between the temperatures of the two bodies in contact, as would render the equilibrium to be derived from their interchange impossible, would be preventive of the very effect contemplated. The temperature of the fluid employed is always raised or depressed, in proportion to the depression or elevation of heat in the body to which it is applied. By thus lowering the one as the other rises, that condition of the general constitution is gradually obtained, upon which the sanative process it has developed or encouraged essentially depends. As for the wet sheets, with which fever is to be *damped*, any one can make what experiments he pleases, with vessels of the same material and the same size, containing hot water at the same temperature, exposed to the atmospheric air, covered with dry blankets, or immersed in cold water, or wrapped up in sheets saturated with it. The New Yorkers put their wine under the roofs of their houses to warm it, and the Londoners put theirs into ice to cool it; yet both put themselves into a warm bed, whether they want to cool or to warm themselves.

off the flow of blood, according to circumstances, by sitting baths, foot baths,* &c. If, however, during the night, and particularly when you are lying quietly in bed, an extraordinary perspiration comes on, consider it, to act with prudence, as a sort of crisis, and do not disturb its beneficial operation by the cold bath, or any kind of cold ablution, but rather encourage it by drinking cold water frequently, in small quantities, and covering yourself up carefully; and then only, when the sweating has for some time ceased, proceed to wash yourself with water that has had the chill taken off, irrigation with water, perfectly cold, being employed afterwards to strengthen and refresh.

Once more! Do not be so mad as to hunt for the seat of the disease, and try to drive it out by powerful medicines, applied to that organ—leave this work to be done by a wiser ordination—that restorative power which lies latent in every fibre. For it is in the water treatment, under medical inspection alone, or in cold water establishments, where so much is done to disperse the disease and strengthen the general constitution, that proceedings of this kind can be safely applied.

To the *Water Friend*, and the reports of their successful labours, from the superintendents of cold water institutions, we are indebted for the most valuable contributions to the science of hydriatics: but, next to the gifted C. A. W. Richter, Drs. Senitzlain, Hirschel, &c. our eyes and our hopes are fixed upon the results of your unprejudiced observations. Heaven grant that these men, in their honest search after truth, may not have their clearness of vision obstructed in any way, by prepossessions in favour of hard earned science! On the other side, let us take the liberty of advising the military physician,

If an elderly lady finds her tea too hot, she places it in an open window; but, if her daughter is burning with a fever, she covers her up with all the care that the wisdom of her old age, and the wisdom of her grandmother, have taught her, in a thick feather bed and half a dozen blankets. She is terribly afraid lest the dear sufferer should catch her death of cold; she is not in the slightest degree afraid lest she should catch her death of heat. All these falsehoods and absurdities will ultimately recoil upon their authors, and become promoters of what they are designed to destroy; for the ardour with which we embrace truth is increased by the sense of any injustice we may have done to its advocates.

* Fomenting bandages are not, the writer says in a note, to remain wherever the flow of blood is excessive, as they would aggravate the evil.

Sinogowitz, not to write again about the effects of cold water on the human body, till he is better acquainted with the subject. One of the most powerful and beneficial instruments in hydrotherapeutics, however, the sitting bath, is no longer considered by him a fable, and he is forced to compare it with sitting on a stone. His exclamation, that matters may at last come to such a pass—that the highly educated licentiate in medicine will be obliged to go through a course of hydriatics in some water establishment, before he can consider his scientific acquirements sufficient for daily practice—we may account for by stating, that the frequent visits paid by physicians who have finished their education to our water establishments, seem clearly to indicate a defect, not only in their particular branch of knowledge, but in science itself.

What mischief, however, is still done by the doctrine of subduing disease by blood-letting is already apparent to every non-professional man; how much more so, then, to physicians; and yet most of them disdain to borrow from hydriatics those remedies which have proved so particularly valuable in inflammatory diseases. And, alas! we are still condemned to see our fellow-men, in the full vigour of life, fall a sacrifice to inflammation in the bowels and leech-craft, while the bitter reflection forces itself upon us, that a few wet bandages, well applied, might have saved them to their families. I once lost a friend, who, as I painted to him, with becoming warmth, the advantages of the cold water system, said to me, in jest—"Let well alone; if my doctor but lives, I shall bury thee, with all thy water-tubs!" and not quite four months were over, when a slight complaint in his breast induced him to send for his preserver, one of our most distinguished physicians. The complaint was pronounced a slight inflammation of the chest—ten ounces of blood taken away would cure it. The next morning, however, the complaint was far from being cured so easily, and ten ounces more were wanted; then, again, twelve; at last came leeches and phlebotomy; and, in conclusion, a nervous fever. That this unfortunate stroke of art brought over many deserters to cold water may well be believed; even at the grave of my friend, an acquaintance said to me—be kind enough to lend me one of your water pamphlets to read; I too will be an hydropath, for I can hardly run a greater risk than I now do. And who knows not the torturing anguish

of the mother, on seeing the slightest indication of croup on her child? her unutterable grief and despair, as the disease continues its irresistible progress, accompanied with all the horrors of a suffocating death; and it is but fourteen days ago, that an afflicted parent found, for the second time, how unavailing here is medical science. She lost her boy by the croup; he was four years old, and of a constitution naturally vigorous; three weeks after her husband had been snatched from her by a slow fever. At breakfast the child was all gaiety, but complained soon after of sore throat; and not a quarter of an hour had past, before a neighbouring physician had applied leeches to the throat. The death-like anguish of the mother would not, however, allow her to wait a moment till she had sent for the first physician in our city. He arrived at eleven o'clock, but declared, immediately, the boy was lost! yet another physician was called in; violent emetics, sinapisms, &c., proved useless; the next morning the child was a corpse.*

* It will be seen, by referring to *Copland's Dictionary of Practical Medicine*, that this kind-hearted monitor had good grounds for supposing some analogy, however remote, between croup and those disorders he had known to have been cured by cold water; for, according to that writer, the most frequent causes of croup arise from the retrocession of eruptive diseases, the suppression of discharges, &c., and the disease may be considered as consisting of a peculiar form of inflammation. As "pip," in chickens, is identical with croup in children, any one who can find a pump and a poultry-yard, in his neighbourhood, can make experiments in comparative pathology as often and as safely as he pleases; always bearing in mind, that the tardy development of caloric indisposes the young of all animals, plumed or unplumed, to the "heroic" qualities of refrigerence. The best commentary upon my author's text will be found in the Dictionary here alluded to. "The intentions of cure," as they are laid down by this writer are, I should suppose, pretty much the same as they would be under the hydratic treatment, and are as follow:—1st. *To diminish inflammatory and febrile action*, when present; and to *prevent*, in these cases, the *formation of a false membrane*, or the accumulation of albuminous matter in the air passages. 2nd. When the time for attempting this has passed, or when it cannot be attained, *to procure the discharge of these matters*. 3rd. To subdue spasmodic symptoms as soon as they appear; and, 4th. To support the powers of life in the latter stages, so as to prevent the recurrence of spasms, and to enable the system to throw off the matters exuded in the trachea. Among the precautionary measures here recommended, is "the use of the shower or cold bath every morning, the skin being well rubbed with a hard or coarse cloth afterwards." This however is to keep the enemy off when he meditates a return, not when he has begun the attack, or is already at close quarters. The same writer tells us, that "The celebrated Washington was said to have died of croup. He lost, at the age of

My head grows giddy when I think of the unbending perseverance with which so many physicians of reputation still cling to the old routine of practice, while thousands of examples of the same result and the same inefficacy, are presented to them by the factitious means they employ, so soon as their first attempts to stop the inflammation and the eruptions on the outside of the throat have failed. I will not positively say that cold water would in such cases be an infallible remedy. Dr. Harder, however, private physician to the Emperor of Russia, and others, have shewn how serviceable it has already been, when every ray of hope afforded by medicine had vanished. Shall, then, in such a case as the above, where the physician at the first glance declares the patient irrecoverably lost, a trial with cold sprinklings of the throat, &c., be really a question still of conscience?

Dr. Fritzehe from A———, was here on a visit last winter, and told me, among other delightful things, that he had treated six children for the croup last year—some of the cases in an advanced stage, and that he had been so fortunate (without leeches, or any kind of medicine) to save all of them without difficulty: simply by wrapping them up in wet sheets, local bandages, &c.* Yet, the

sixty-eight, about ninety ounces of blood in twelve hours." He died, no doubt, as Priessnitz's patients are cured, "not in consequence, but in spite," of these "depletions"—the "inefficiency and injurious effects" of which, when excessive, are immediately afterwards acknowledged by the lexicographer.

* It should be observed, in explanation of the writer's meaning, that the bandages, as well as the sheet, had been wetted with cold water, and the patients enveloped in blankets, or other warm substances, to promote perspiration, and stimulate action in the vessels of the skin. An Englishman, who resides not far from Gotha, adopted this plan with complete success, in the case of one of his boys, who was seized in the severe winter before last, with sore throat, attended with fever, and swelling of the glands. This was done for three successive days, and the sick youth was rewarded for his patience by restoration to perfect health. I may add, that my friend has transferred his allegiance from Æsculapius to the Naiads, and keeps disease from his numerous family, by an ingenious kind of shower-bath, he has had erected in his house. My reference to this fact would be thought ridiculous in Germany, where thousands of a similar nature might be quoted.

Dr. Harder, above spoken of, superintends, if I mistake not, a cold-water establishment in Petersburg, under the protection, like many others in other places, of the government. He is a young Russian of very prepossessing manners, and well known at Gräfenberg, where he is highly

pleasure he derives from this success, is associated with very distressing reminiscences ; for, at the time he employed medicine exclusively, he could not, with all his studies, and all the remedies that science put into his hands, save his only son, in his sixteenth year, from falling a sacrifice to this disease. That water is not an universal remedy, and that, in fact, there can be no panacea, is intelligible enough of itself ; that, however, the judicious applications of this pure gift of God, assists the salutary efforts of nature more congenially, and therefore more safely, than the most esteemed treasures of the druggist ever can, this may, perhaps, before long be confessed, and that too *ex cathedrâ*. We have ourselves, lived to see the pestilential deceptive time, when the physician was enabled by means of a prescription, a yard in length, to brighten the faces of mourning assistants. Science fostered this absurdity, and science has condemned it. My trust is therefore placed in science, in time, and in that unavoidable victory, which awaits every truth ; neither am I to be numbered in any way with those who pronounce an anathema against every employment of medicine ; yet, I venture to oppose my opinion as a layman against the elaborate and spirited decision of Dr. Hirschel thus far ; that, in regard to the qualities of healing, and in a large majority of diseases, I put medicine below water in its combined results, not water below medicine.*

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esteemed. He was some years back at Paris, where I experienced from him a mark of liberal courtesy not often to be met with in this country. Though unknown to each other, even by name, he gave me his card, with a few words in pencil, for Pricssnitz ; to whom I could not have had a better introduction. He was conversing with several other men in English at a restaurateurs, when I took the liberty, thinking they were Germans, of asking them if they could give me any information about the water cure of which I had just heard.

* The writer refers here to Dr. B. Hirschel's *Hydriatica*, published at Leipsic in 1849, a work well worthy of attention, to those who would wish to know how far the historical claims of this method to respect are founded in fact. The reader, who has never investigated this subject, will be surprised to find, that so far from being a novelty in this country, it was extensively practised both here and on the Continent, particularly in Spain and Italy, two or three centuries back ; and that the promotion of perspiration by wet sheets was not unknown in those days. I have not the book by me, and cannot therefore refer to any of the authors enumerated. It appears by the *Water Friend* that there is an Hydriatic Society at Dresden ; and that the library they have collected, contains many valuable materials for the historian of hydrotherapies.

The next case I wish to lay before my readers is one, among several others recorded by Dr. Fritzsche, medical director of the water establishment at Blankenburg, "a girl seventeen years of age, had three years before, several spots in the face, from which they had been driven away; probably by some outward application. Some time after, her cheeks and lips became pale; she complained of lassitude and dejection, shed tears on the slightest occasion, sought continued solitude, and became every day weaker. Her family physician, who had tried everything in vain, recommended a complete course of the water treatment, and brought her with that view to this establishment, the 7th of June. I first ordered her a half bath of 14° R. on getting out of bed, and afterwards a shower bath* for three minutes; a sitting bath for half-an-hour, and a foot bath for ten minutes. At the end of fourteen days, she had already got rid of her lassitude; life's charms too seemed to have returned, for she again engaged in the games of other young women. When she had gained more strength, I had her sweated in a blanket for an hour, after which, she took a cold bath of 6° R. for five minutes. From this time, the douche was used for five minutes, the sitting bath an hour, and the rushing bath for ten minutes.† In July, there appeared large eruptive spots on the legs and feet; upon which event, the livid and earthy colour of the face was changed into a healthy bloom, and the lips became red. Shortly after this, the eruptions healed, and the 26th July, the girl quitted the establishment with eyes full of tears and a heart full of gratitude.

SECOND CASE BY THE SAME.

A strong active boy seven years old suffered in his first years, probably in consequence of a severe cold, from stopping in the head, and was thence quite deaf. Various remedies were used without effect; at last a relative brought him hither, the 25th of July. I could discover nothing in the external passage of the ear, but thought too little wax was secreted. I ordered him to be sweated for some hours in the morning, and to take a cold bath of 8° R. afterwards, dipping himself under now and then; a rushing bath of eight minutes, and a thin rising stream of cold water, (a douche)

* Of cold water; though not so expressed here.

† *Wellenbad*—So called from the water rushing through a large aperture in the form of waves.

to penetrate into his ear. Upon this, a quantity of viscous slime was excreted from the nose and ears, as well as some ear wax. At the end of fourteen days, he could already hear the ticking of a watch when it was put to his ear. On the 12th of August, he had an eruption with spots on the head, the throat and the ears. This healed by the 25th, and the patient left us on the 29th; freed from his cold in the head and his "deafness."

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There is no class of diseases, perhaps, in which cold water has higher claims upon our gratitude than those, to which the most tender and interesting portion of society is unfortunately subject; chiefly, it may fairly be said, from erroneous systems of education, which call the intellectual faculties into precocious exercise, and sacrifice to the acquisition of delicate tastes and refined sensibilities a well-regulated regard for that bodily health, the derangement of which, renders them a curse to their possessor. Upon this subject, I cannot, without infringing that rule I have laid down, in undertaking this imperfect work, of avoiding whatever might give just offence to female delicacy, do more than express the conviction, I feel—the more strongly, as I am prevented from explaining the grounds on which it is founded—that, if the "dames of England" did but know what a friend they might find in cold water, when watching with speechless agony, at the side of that couch which contains all which can brighten the future and recall the charm of past endearments: they might be spared the sickness of hope deferred, the anguish of fruitless solicitude, and rescue the unconscious victims of a relentless disease from an early grave. I trust, however, the time is not far distant, when this matter will be treated of professionally, and mothers be enabled to adopt such precautionary and curative measures as a very slight acquaintance with physiological principles will suggest to them, on the first appearances of deviation from healthy action in the objects of their affection.

"When Nature's joy just opens on the heart,
And makes it doubly hard with life to part."

As it is pretty nearly certain that such "dangerous experiments," as are now too common on the other side of the Rhine to excite any apprehension will meet with determined opposition here, it may be as well to show how it is met there, that we may be at no loss for

an answer to gentlemanly remonstrances. The same physician, from whose report I have taken the above-mentioned case, was consulted by a young woman, twenty-eight years of age, who had been treated unsuccessfully in the usual way for two years by another practitioner; and was restored to health in twelve weeks by the method he adopted. Her physician, when she asked him whether he would permit her to try the cold water method, said—"If you are not right in the upper story (*oberstübchen*) you may take a fool's bath." She was happily not such a fool as he thought, and most likely wished, her to be. Let us not, however, blame the doctor. He would naturally say to himself, "as she is fool enough to ask my advice, she will be fool enough to follow it." He, however, who cannot cure us ought to be the last to control us. What we want to him in complaisance, we may make up to him in conscience; and, in declining the honours of martyrdom, save him the horrors of remorse. How different was the conduct of Barthez! "A lady of the Queen's palace, eminently endowed with that constitution called nervous, fell sick, at a time that Barthez, her physician, being himself sick, could not attend. Pain threw her into delirium; her sufferings reached their acme. An overpowering agony plunged her into a death-like swoon. Tears had been flowing; her coffin was preparing. Barthez heard it, jumped from the bed where sickness detained him, flew, suspended the terrible burial preparations, called for ice, and covered with it the cold inanimate body. How was his happy audacity rewarded! The heart, whose movements had been suspended, began to beat; heat diffused itself through the limbs; with that life was developed; and that corpse, that was about to be consigned to the last asylum of mortality, resumed motion and speech."—*Beaupré on the application of Cold, &c.*, by Dr. Clendinning. Here was, indeed, an heroic remedy! Barthez merged the physician in the man; he risked his reputation, and he rescued a fellow-creature from death. *Si non peccasset feererat ille minus.*

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In the November No. 64, (1841,) is a case of croup related by Dr. Beyer, of Loest. Dr. Beyer, if I mistake not, is not a professed water doctor. The following is the substance of his report:—An infant, of twenty months, had been under the usual course of treat-

ment for this disease, from the third to the ninth day of the attack, and appeared, from the rattling in the throat, the death-like coldness of the whole body, and an imperceptible pulse, to be in an irrecoverable state, when Dr. Beyer, who was encouraged by the happy results of two experiments under similar circumstances, resolved to try whether cold water would not succeed; where leeches, emetics, &c., had failed. Neither the time of the year nor the temperature of the water used, is stated. The little sufferer was stripped, and a large vessel of cold water, from a convenient height, was poured over it, so that about a quart of water fell every time upon the back of the head, the neck, and the back; and this was done twelve times. The child was then rubbed with a warm napkin, and enveloped in a warm blanket and allowed to drink some warm tea. At the expiration of two hours, the vital action returned; the skin gradually recovered its natural warmth; the respiration became easier; the death-like rattling in the throat was heard no more; the eye was re-animated, and every hour brought new strength to the patient. The affusion took place at three o'clock in the afternoon; and the next morning at five o'clock, says the doctor, I was able to pronounce all danger over. No kind of drug was given for twelve hours after the shock bath (sturtzbad.) A slight medicine to assist the expectoration was subsequently administered.

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In one of the early numbers of this journal—I quote from memory—is a very affecting case of an infant four months old, reduced by diarrhoea to the last stage. The mother, in a puerperal fever, had hired an unhealthy woman as wet nurse. The organ affected having thrown out every remedy, the parent reluctantly permitted cold water to be employed. The first attempt was made with tepid; which, having remained half an hour, returned in the same state. During this time, says the physician who relates the case, the mother's countenance expressed the greatest delight. The next injection consisted of cold water, and brought away, at the expiration of the same time, a quantity of mucus, &c. This was repeated after a short time: the functions recovered their natural condition; and the little patient was soon after restored to health. Those who can read the original account with incredulous indifference, or super-

cilious smiles, are not to be envied; nor will any one, who wilfully prejudices the weak-minded and uninstructed against this method, without having honestly investigated its pretensions, stand guiltless, before God and man, of the calamities it might have prevented. And here I would wish it to be understood, that cases, in which the water cure has failed, have been omitted here without any intention to mislead. It claims no further approach to infallibility than the remedies, now in vogue, are supposed by their warmest admirers, to possess. If it be proved more dangerous, and less efficacious, than they are, let it be at once and for ever rejected. As this work has no other object than to show, as far as the writer's limited means would admit, that the system is not quite so worthless as many have found it convenient to represent it, it was not thought worth while to swell its pages with details which would come more appropriately from less incompetent hands.

* * * * *

Case of dropsy (hydrops anasareä, et aseites,) and hypertrophy* of the liver, by Dr. Piutti, superintendent of the cold water establishment at Elgersburg in the Duchy of Gotha, and co-editor of the *Water Friend*.

* A passage, that has just met my eye, (the only guide I have in this labyrinth) in the *British and Foreign Review*, for April, 1842, will enable my readers to form some idea as well of this formidable word, as of the perils which environ the formidable thing it designates. "As an internal means, (of cure) iodine is suggested; but then the author (Canstatt on Special Parthology, &c.) sceptically surmises that this is a means dangerous to be had recourse to, since the *modus operandi* of iodine consists in undermining the universal process of nutrition. It is not to be doubted that, in some measure, it does so; still the same reasoning is applicable to it as to abstinence, namely, that simple (simply?) hypertrophied parts are taken down previously to normally developed organs being affected by it." The "reasoning" here alluded to is as follows: "abstinence affects, first and chiefly, that which is extraneous and parasitical, in preference to what is normal, both in structure and in degree of development. This is an important law, observable in a thousand cases; without the auspicious operation of which, indeed, one-half of our therapeutic labours would be vain." "No mention is made of antimonials; which, however, as well as nitre, are worthy of attention. Blood-letting, particularly when it can be brought to bear locally on the organ, which is the seat of hypertrophic action, may be useful; but, even in regard to it, the author is far from sanguine; since, if practised in moderation, it is apt to prove fruitless; if energetically employed, it is more likely to produce anemia, dropsy, and debility, than to cure the hyper-

[Dr. Piutti on his return from Manchester, where he had resided for a year and-a-half, and where, as well as at Paris, he had attended the hospitals, was appointed to his present situation by the Duke, who gave up a spacious old castle belonging to him, for the accommodation of the patients, and who (if the doctor wanted any other recommendation than his own personal merit) has several times honoured this romantic spot with his presence, accompanied by his sons, one of them, need I add, peculiarly entitled to our respect.]

A man, forty-two years of age, a wood-cutter, of strong, undersized build, of phlegmatic temperament, with light brown hair, leucophlegmatic exterior, hitherto in good health, with the exception of the common disorders during infancy, was seized in September, 1837, with slight complaints in the lower viscera and considerable thirst, arising from hard work, having been removed (the latter chiefly with cold water) a short time before, with dropsical swelling in both feet; which, according to his account, was cured after some weeks, by medicine.

The patient was now well, and renewed his occupation, till August, 1838, when the dropsy again made its appearance, with swelling of the feet and legs, and soon after of the thighs, &c. The remedies, employed by the physician who was soon after called in, were without effect. After they had been tried three-quarters of a year, the disease continued to increase, and the patient's strength to diminish. For many months afterwards, the patient, having been declared incurable, and the resources of medicine being exhausted, was reduced to a most deplorable state.

On the 15th October, 1839, the patient, already given up, was received into the establishment, for the purpose of attempting a cure by means of cold water—a method so invigorating to the general constitution, and so powerful in exciting the organic activity of the restorative system—a method which alone, in conjunction with the age of the patient, his former good health, and the powers of a con-

trophy. He entertains the same opinion of purgatives. Attempts to arrest the hypertrophy of glandular organs, by augmenting their secretions, may, in some cases, do good; but, on the other hand, the excitement produced in the endeavour to stimulate the organ to more active secretion, may but help to augment and accelerate the hypertrophy."

stitution, not yet, in proportion to a disease of such long standing, too much debilitated, held out a hope of recovery.

The symptoms, on his admittance, were as follow: both limbs, from the hip joint to the upper parts of the feet, swollen to nearly double their natural size, with their skin livid, soft, shining, and insensible to the touch of the finger, though deeply pressed in and continued for some time; the abdomen considerably swollen and with an undulating surface, &c.; the throat, particularly on lying down, the upper and under eye-lids, and the hands and fingers, œdematous. Nothing irregular on examining the breast; the lungs sound; the heart in its natural state; the respiration, on lying down, and owing to the swelling of the body, somewhat difficult, &c., &c.; the tongue and the mucous membrane of the mouth livid; appetite good; thirst not remarkably great; skin on the extremities cold and dry. Protrusion over the liver; on auscultation, enlargement of the liver, but not to a very great degree perceptible; other symptoms of organic affection here no where to be found. Pulse small, weak, but forty-eight strokes in a minute.

October 16th. The whole body washed three times, with water of 10° R.; six glasses of water to drink; diet cold.

October 17th. Patient wrapped up; perspiration at the end of three hours, continued two hours, afterwards washing with water, 10° R.; washing in the evening.

October 19th. As before; perspiration after three hours; cold bath; sitting bath for a quarter of an hour; evening, washing with cold water, 7° R.

October 21st. After six hours in the blanket, no perspiration; as before.

October 22nd. Washing, and then wrapping up; perspiration at the end of two hours and a half, copious, and on the whole body; cold bath; sitting bath. Evening; washing.

October 25th. The above-mentioned means having been continued, there appeared on the surface of the whole body, particularly on the swollen limbs, a great number of blisters and pustules of various colours (yellow, white, red, and brown), surrounded for the most part with small red, flat halos, some of them upon a red periphery, a little elevated. The size of these blisters varies from a lentil to a bean; they soon burst, and discharge a thin liquid. On the right

hand, between the fore-finger and the little finger, there has been, for the last two days, a dusty, dark brown blister, with a circle about it, somewhat swollen, painful and without colour, two lines high and three lines in diameter.

October 26th. Patient wrapped up, without previous washing; perspiration at the end of two hours; cold bath; sitting bath; washing.

October 27th. Perspiration at the end of two hours; continued for three hours; twelve glasses to drink daily; milk diet; food cold; appetite increased.

October 28th. The blister on the hand, is, within twenty-four hours, six times larger, and includes a space of an inch and-a-half diameter, and three-quarters of an inch in elevation; the surrounding skin for many inches is swollen, erysipelatous and painful; the hand cannot be moved without pain; the blister is opened and discharges in a continued stream a clear greenish liquid, which exhibits little acid re-action, and is inodorous; the cutis within the blister is red, in a state of healthy granulation, and covered in various places with a small, lenticular, white, spongy vegetation (a sort of fungus) after some hours the latter have vanished; on both legs there are about fifty small eruptions, with small flat pustules of a yellow colour, a kind of ecthyma, the centre of which is depressed, dark coloured and rather hard. After a short time they burst of themselves and discharge a small quantity of yellow pus; the pericarpia little raised without pain and of a pale red; sweating three hours; cold bath; sitting bath; washing; patient can take some exercise, though slowly, in walking.

November 1st. The same as yesterday; the place on the hand, which has lost its epidermis, discharges some pus; fresh eruptions in various places; patient perspires copiously.

November 5th. New epidermis on the suppurating part; about forty eruptions on the legs, coming to maturity; the right leg somewhat diminished in size; sweating three hours; cold bath; sitting bath; in the evening cold bath.

November 20th. All the eruptions on the skin are healed; the swelling visibly reduced; the skin has recovered more tone, is of a reddish colour, particularly after every bath, and has gained in elasticity and firmness; perspiration copious and continued four hours daily; patient walks more easily and is able to climb steps.

December 12th. After some weeks without any remarkable change, several large pustules, came out on the right hand, surrounded with extensive halos, crissipelatus and painful: wet bandages placed upon them. At the same time, both legs are enveloped in wet bandages, which are changed for others four times a day, and are worn from this time, without interruption. These applications, so powerful in their operation, have been hitherto deferred, to avoid too rapid and too violent an afflux of blood, which it was to be feared might have produced inflammatory disturbance in the weakened and inert texture of the skin: whereas, now that its vitality has been raised to an usually high degree, these bandages can be employed in their full extent as excitants.

December 20th. Partial eruptions and eethymatous pustules. The dropsical swellings on the upper limbs so much reduced that patient can walk with much greater ease. The appetite is good; secretions from kidneys proportionably small, little more than before the treatment; pulse more full and stronger, sixty strokes in a minute:—perspiration for four hours, cold bath, sitting bath for three-quarters of an hour, wet bandages on both legs.

January, 1840. Essential improvement. The dropsical swelling of the limbs so reduced, that the form of the extremities is again visible; patient walks quickly and for half an hour, appetite good, abdomen less in circumference and surface more even, general perspiration four hours, with little smell, as before, clear and liquid.

January 6th.—Patient's health improves in a manner strikingly rapid and highly satisfactory; digestion regular; perspiration four hours; sitting bath half-an-hour; fourteen glasses to drink daily.

January 17th. Patient went home, half-an-hour's walk, in cold damp weather, and returned, as he had latterly done frequently, late in the evening, having worked at his business. A violent cold, no doubt, the consequence of this, came on, as he felt for some days unusually languid, and was attacked at times with peculiar violent shivering, alternating with heat: he had no appetite; of these symptoms, however, he made no complaint; to-day, he remained seven hours in the blanket without perspiring; a violent pain came on in the left breast; this increased rapidly; speech and respiration were obstructed; and when I saw the patient at one o'clock in the afternoon, an acute pleuritis was evident on the left side. Between

the fifth and seventh ribs, in a direct line from the arm-pit, the patient feels, without intermission, a violent suffocating pain, which increases, when he breathes, or when he presses strongly upon that part, and altogether is felt to the extent of a hand's breadth without spreading its radiations further. Short dry cough, increasing the pain very much; speech unconnected; inability of lying on the back or on the diseased side; full inspiration impossible; skin dry; tongue slightly furred with white; head free; feet cold; pulse 110 in a minute, feverish and rather hard; on auscultation no inflammatory crepitus; but perceptible ægophony, general lassitude, little thirst; patient whines, without ceasing, and cries out on the slightest exertion.

The patient was immediately wrapped up in a sheet* previously

* This wrapping up in wet sheets has been called an *heroic* remedy, for what reason, it would puzzle etymologists to explain; but, as words, according to Hobbes, are money to fools and counters to wise men, this epithet has frightened many who would march up without hesitation to the mouth of an enemy's cannon, from encountering a shock, which could not, at the worst, be more fatal than that which awaits them on dry ground. Hoc rogo, non furor est, ne moriari, mori? It would be endless to enumerate the cases where this sort of heroism has been rewarded with something more valuable than a civic gown, or a bit of blue ribbon. Let one suffice. "In the *Journal de Med.* 1776, p. 531, we read the following case, which shews how far we may hope for success from cold applications. Gauchir, surgeon at Versailles, was called to the assistance of the wife of a salter, who was dying of excessive uterine hæmorrhage, accompanied by spasms and convulsive motions. Recourse had been had to cordials already, and stronger were about to be tried, but he arrived soon enough to substitute more efficacious means; he consequently had the dying woman wrapped up in a cloth dipped in cold water; this remedy operated with such success, that the hæmorrhage and convulsions ceased immediately." According to the same author, (Beaupré) Renard (*Journal de Med.* 1771), repeatedly cured spitting of blood by pieces of ice, which were kept in the mouth till they were melted, when the water was swallowed. He adds that *even* pounded ice was applied, in such cases, to the chest and neck; thus evincing his astonishment at a fact, to be ignorant of which, would excite equal astonishment in others; not less astonished would they be to hear, that an insane woman, who had been cold all the preceding day after immersion in a cold bath, was eagerly plunged by her attendants into it again the next day. Their astonishment, however, would be removed on being told, that the last act of this tragedy finished with the heroine's death. Had Priessnitz handled his patients in this way, he would long since have been beyond the reach of praise or of blame.

Those who gratify their cruel curiosity at the Grotto del Cane, near Naples, are not aware that they are gratuitously adding to the torments of the poor dog there. Beaupré, perceiving the poor animal struggling con-

wetted, and wrung out, and over the sore place were put wet bandages, which as they became warm were changed for others of the same kind, thrust in under the covering; cold water in small quantities frequently given to drink. In half-an-hour, when the whole skin was thoroughly warm, the sheet was changed for another wet one; in three-quarters of an hour, the whole body being heated, a sitting bath of cold water for half-an-hour; during which, the bandages were continually renewed. The pain relaxed a little during the sitting bath; respiration much obstructed; violent shivering.

Immediately after this, patient was wrapped up again in wet linen, and the blanket slightly, but warmly, wound round him; to promote perspiration, after the blood had been cooled and drawn away; pain less and borne easily, while patient lay quietly on the left side; bandages on the diseased part; at last about eleven at night, perspiration broke out, and (January 18th,) was continued for nine hours, till eight o'clock next morning; when patient was released and washed all over with water of 12° R.; essential improvement; pain in the breast much lessened; not perceptible on pressure; the left arm can be moved without increasing the pain; a circumstance impracticable yesterday; pain still felt on breathing deeply and on coughing; cough no longer dry, but attended with slimy expectoration, thrown out without great effort: pulse full, soft, 100 in a minute; inflammation is thus arrested; after washing, patient wrapped up in the blanket, and wrung out linen placed with bandage on the left breast.

January 19th. Patient better; little pain even on deep inspiration; cough slight with some expectoration; sweating in wet sheets for an hour and-a-half; and then washing in water 10° R.

January 20th. Sweating two hours; same as yesterday; soup with white bread.

vulsively, revived him immediately by throwing him into the lake; a ceremony, he adds, *usually performed when the dog is slow in recovering*. Here we see what an *heroic* remedy is; something that will cure in an inverse ratio to the re-active power remaining in the patient. The merit of heroes is the conquest of difficulties, and the approach of death, is the signal for advancing. To be serious, how lamentable is the reflection, that this and the kindred experiments on rabbits poisoned with prussic acid, have not been employed for nobler purposes.

January 21st. As before, soup with a little meat ; pain gone entirely ; breathing easy.

January 22nd. As before.

January 23rd. Patient walks out, eats as usual, drinks much water.

January 24th. Increase of strength ; breast quite free from pain ; dropsy almost entirely gone ; hands, face, feet and legs, not in the least swollen ; light swelling still in the abdomen and throat ; three sittings ; baths daily for twenty minutes ; wet bandage round the body.

January 28th. Improvement continues ; sweating in the blanket alone for two hours.

February 7th. Patient gains strength gradually, though slowly ; appetite and digestion good ; abdomen still somewhat swollen ; no change apparent in the liver.

March 1st. More rapid increase of strength ; little perspiring ; nourishing food ; light work.

March 20th. Patient having continued the treatment at his own house, some days, the feet begin to swell again.

March 30th. After sweating for several days, slowly and slightly on account of the cold weather, the swelling of the feet has disappeared.

April 6th. The strength is still much reduced. Digestion good ; little perspiration.

April 14th. After sitting or standing sometime, the feet are occasionally slightly, but for a short time only, swollen.—April 24th, the same after long standing or sitting.

May 4th. No important change. Douche, for the first time, four minutes, two sitting baths.

June 12th. Increase of strength. Legs completely in their natural state. Abdomen soft, lax and without inequalities. Treatment more moderate.

June 29th. The patient leaves the establishment, cured of the general dropsy, to resume his work as wood-cutter, observing an appropriate diet and cold ablutions.*

* No one who can find his way to Gotha can lose it to Elgersburg or Ilmenau, both of which I would recommend to invalids. Good lodgings with such provisions as are usually to be found in mountainous districts,

SECOND CASE BY DR. PIUTTI, WATER FRIEND, NO. 69, 1841.

An unmarried lady, of a constitution tolerably strong, though shaken by severe sufferings, of sanguine temperament, forty-nine years of age, had suffered, for twenty years, from spasms in the stomach, which, in the first ten years, in intervals of three or six months came on, without particular cause, generally however from errors of diet, with less important complaints in the digestive organs, as nausea, acidity, &c. went off and returned in attacks which lasted eight or ten days. The disorder gradually assumed a more violent character, and returned frequently with painful contractions and sense of burning in the stomach, spasm in the œsophagus, acid eructations and vomiting. The strictest diet had no effect in arresting its frequent return, and as besides acid, certain vegetables, fat meat, particularly pork, there was no pastry, mutton, or even a spoonful of soup, of whatever kind, that did not bring on these gastric affections in all their severity, there was but a small selection of the mildest dishes to which the patient was obliged to confine herself, while never tea and rarely coffee, could be borne, a light well fermented beer agreed well, and spirituous strengthening drugs, such as Hoffman's æther drops, afforded temporary relief, so that the patient had gradually habituated herself to the use of this remedy, and of many liquors in small doses.

The digestion was more or less disordered. [I pass over here other symptoms, indicating a complete cessation of the most important functions.] The patient had become, in consequence, more and more emaciated, and suffered frequently from morbid affections of the mind. Nine years before she had nearly died from spitting

may be had at both on very reasonable terms. For such as feel little predilection for German cookery, I may mention that gastronomic arrangements might be easily made with the woman of the house where I lodged at Ilmenau for a year and-a-half, a proficient in cookery, whose skill in matters that form so essential an element in an Englishman's abstract idea of comfort, would not be despised even in the Palais Royal; and who, may, I think, be depended upon for such assiduous and disinterested attentions as a sick man does not always receive from the nearest relatives;—such attentions, I may truly say, as I have not experienced in any country I have ever visited in the course of a life, characterised by nomadic diversities, and dependent upon strangers for the alleviation of its sufferings.

of blood from the stomach, had recovered however, after seven weeks confinement to her bed, and, by strict diet, had for some time afterwards, been less subject to the former spasms. Seven years before, came on first a slight attack of gout, and in eight days finished, though imperfectly, its course. Soon after both feet swelled with much pain, the gouty affection now shewed itself more particularly in the feet, and having lasted some weeks, ended with the skin's peeling off. During this attack, the disorder ceased in the stomach, which irritable and liable to spasms as it had been, was now without pain and more light than usual. When the gout was over, the stomach-complaint began again. The attacks of the gout, irregular, both in intensity and duration, returned in various intervals of three and six months; and a singular reciprocity of exclusion was observable between them, and the internal disorder. Latterly, the moderate swelling of the feet was regular and less painful, while the spasms came on in the intervals, sometimes violent sometimes mild—at times not at all for a week or two. All sorts of remedies, homœopathic and others, were used frequently and perseveringly, producing often, but not always, momentary alleviation, but by no means permanent relief from this tormenting complaint; and the patient felt less confidence and hope in proceeding to try the new method, as cordials alone had hitherto alleviated her sufferings. The little and transitory effect, however, of every thing tried before, the violence of the disease, and the pressing advice of her friends, determined her to make an attempt with cold water, and I had no hesitation in receiving her into the establishment, on consideration of her strong constitution, the absence of all organic lesion in the stomach, the gouty origin of the disorder, the previous efforts of nature to bring the gout to a determination, and, where possible to expel it, by throwing it upon the surface, and the certainty that, with regard to the duration of the treatment, the patient was not restricted to time, would submit unconditionally to my directions, and possessed sufficient patience to go through any crisis however painful.

The following I laid down for myself as objects to be obtained by the mode of treatment. 1. To strengthen the nervous system, to develop its capability of strong organic re-action by means of short, general cold baths, constant enjoyment of fresh air, appropriate exercise in a light dress, instead of sitting, as before, in an over-

heated room. 2. To strengthen and regulate the digestion by simple nourishing diet, copious water drinking, short sitting baths, and wet bandages on the body. 3. To draw off from the stomach, the regular attacks of incipient gout, to promote critical excretions,*

* These critical changes correspond with those which occur in orthodox practice; the latter are said by Copland, (See *Dictionary of Practical Medicine*), to manifest themselves. 1. On the skin. 2. In the cellular tissue. 3. In the glands. 4. On the mucous surfaces, and the subdivisions, in each of these are similar to the classifications which are to be found in the new method. "Since the overturn of the humoral pathology, the doctrine of critical evacuations has undeservedly fallen into disrepute, although the eminent writers who contributed most to the overthrow are amongst its most rational and warm espousers. In our own country, at the present time, too little attention is paid to these evacuations, and still less to the periods at which they occur." "The ancients were not so far wrong as many of the moderns suppose, when they believed that critical evacuations were beneficial, chiefly because they conveyed a morbid matter out of the system; and therefore could never be perfectly compensated for, or imitated by art."—*Dictionary of Practical Medicine*—the very doctrine maintained by the water doctors. "Critical terminations are observed most frequently in the more inflammatory, the bilious, the gastric and the intestinal forms of fever, and more rarely in chronic maladies." "In this country they are more rarely observed than they would otherwise be, if the treatment of the diseases in which they commonly occur, were left more to nature."

"In respect of many forms of fever, I believe that the nimia diligentia of the practitioner, is as often injurious as it is beneficial; and that it disturbs those changes which can be effected only by time," &c.—*Art. Crises*.

"Every pimple with a vesiculated head," says Dr. Jenner, "has an errand to perform for the benefit of the constitution." To whom was Dr. Jenner indebted for the discovery which has immortalized his name? And by whom was he opposed? The former were inferior in rank and intellect to Priessnitz; the latter would have thought themselves as much above him in the one respect, as the world had placed them above him in the other. When Franklin's experiments on lightning were communicated by one of his friends to the Royal Society, the members of that learned body relaxed the severity of their proceedings in return for the compliment, and laughed at the transatlantic paper kite. Such was the connection between science and good breeding in the days of our fathers; and we shall shortly see, whether she has closer affinity to justice in the present. Yet there have always been most honourable exceptions to this contemptuous self-sufficiency; and among them may be reckoned one whose authority will not be disputed by the very persons whose conduct it will condemn. "Experience," says Dr. Heberden in his commentaries, "may in politics and morality be called the teacher of fools; but in the study of nature there is no other guide to true knowledge. Accordingly the practice of physic has been more improved by the casual experiments of illiterate nations, and the rash ones of vagabond quacks, than by the reasoning of all the once celebrated teachers in the several schools of Europe; very

and exudations of the morbid matter by methodical, and in proportion to the invalid's strength, the strongest possible, sweating; by cold foot-baths and occasionally by a powerful douche.

COURSE OF TREATMENT.

June 30, 1839. Washing 14° R. Heels of both feet swollen.

July 1st. Wrapping in blanket; slight sweating for an hour; no perspiration in the feet; washing 13° R., sitting bath fifteen minutes, foot-bath twenty minutes.

July 4th. As before; sitting and foot bath twice a day; diet (cold milk morning and evening, with four glasses of water at table) very well borne; pain in stomach not great; spirituous liquors at once laid aside, and patient finds herself already, by copious drinking of spring water, much better.

July 5th. Wrapping up, with one hour's sweating twice a day; afterwards half bath, (10° R.) sitting and foot bath; sixteen glasses of water.

July 6th. The œdematous swelling of the foot has disappeared.

July 8th. As yesterday; half bath cold; twenty glasses daily; patient feels well; no pain.

July 12th. Patient walks a great deal, has no kind of pain, eats and drinks with appetite, and is very cheerful; sweating twice a day, with cold half baths, and irrigation afterwards; two sitting baths and two foot baths; bandage round the body.

July 27th. While in the blanket, pains in hands and feet, right hand somewhat swollen.

August 1st. Right foot swollen, occasionally without pain.

August 7th. Periodical swelling in the right foot, without pain; swelling in the hand gone; digestion and stomach good.

August 8th. Left foot much swollen, particularly first and second toes, and very painful.

August 11th. Swelling in foot little increased; skin deep red; tight; painful on pressure; douche discontinued.

few of whom have furnished us with one new medicine, or have taught us better to use our old ones, or have, in any one instance, at all improved the art of curing diseases. Hence, though they have been applauded during the lives of their disciples, yet disinterested and impartial posterity has suffered each succeeding master of this sort to be gathered to his once equally celebrated predecessors, and to be, like them, in his turn, utterly unread of and forgotten.

August 16th. Heels of the feet still swollen, with skin red, cracked, and dry; two small boils are forming there, with the base somewhat depressed, yellowish and dry, and the borders jagged and painful.

August 24th. Swelling continues; small ulcers form afresh; the former heal; general health particularly good; patient eats with appetite and without any inconvenience, soup, even meal-cakes, and pork with vegetables, dishes that for ten years and more, caused, in the smallest quantity, the most violent spasms in the stomach; four or five glasses of water during meals; sweating twice a day, with cold half-bath afterwards; sitting and foot bath.

August 26th. On the left leg, which is somewhat swollen, from the joint of the foot to the knee, appears an eruption, consisting of red pustules, with red isolated margin.

September 1st. Small ulcers appear and heal on both feet; general health good.

September 4th. On the right leg are several pimples, two lines in diameter and one line in height, surrounded with small red halos; on being punctured a liquid of a clear yellow colour, and not very thin, is discharged, which turns red with lacmus; on the left hand a knotty eruption.

September 11th. Small very painful pimples, resembling a malignant boil, make their appearance.

September 15th. One of these is very troublesome and assumes a singular form; a small dark blue spot rises, in the middle of which a dark crust comes out, with a circle of a rose colour, broad and a little raised; at the end of three days, a small opening appears in the centre, and discharges some brown liquid; the pimple is about three lines in diameter, the halo two inches; the whole very painful to the touch; a deep opening in the middle.

September 16th. The eruption has the same appearance; the middle of an ash grey; a small quantity of brown liquid ichor is discharged; the space around swollen and erysipelatous, of a blue colour and very painful: the whole leg is swollen; shivering and heat in the evening; pulse 110, rather hard; night sweat.

September 17th. Towards morning washing with water 14° R; during the sweating, the bandages changed every hour; the foot is swollen with small drops of liquid on the skin; the carbuncle dis-

charges a brown ichor, is throughout flat and on a level with the skin ; pain ; fever in the evening.

September 18th. A similar but smaller carbuncle on the right knee, with dark centre and red halo, very painful ; that on the left leg rises and discharges much brown liquid ; around it appear suddenly large yellow blisters, some clear, others not ; these, at the end of twenty-four to thirty-six hours, burst, discharge a liquid, which re-acts as an acid, and leave a brown place, deprived of the epidermis ; in the evening, fever ; night, sweat ; no sleep for several nights.

September 19th. Same as yesterday ; the carbuncle rises, the opening is large and filled with pus of a yellowish brown ; evening, no fever ; little pain ; some hours sleep at night.

September 20th. Eruption larger ; halo smaller ; pain less ; instep swollen and covered with small blisters, exuding moisture ; the epidermis lies upon it in thick large scales.

September 21st. Same as yesterday ; a fresh and smaller eruption under the left knee ; the opening of the other is increased to this size.* The skin of the instep moist and scales off.

September 22nd. A blister, yellow, opaque, of the same size with the above-described, appears on the left side of the breast ; sleep and appetite good ; excepting the local pain at the knee ; patient feels well ; no pain in the stomach ; functions in natural state every other day.

September 23rd. The eruption on the instep continues ; where it heals, the skin is of a blue colour, where it breaks out again of a dark red ; epidermis comes off in thick scales.

September 26th. From this period to October 7th, various eruptions in different places are described, from their first coming out to their healing ; but, as the details already given have probably tired the reader, I omit what follows, merely stating, that on the latter day, the heat of the body was so great that the wet bandages had become perfectly dry in an hour and a half.

October 12th. Frequent shivering ; violent nervous excitement ; sweating in wet sheets ; two sitting baths ; bandages.

October 20th. Suppuration from the eruptions, &c.

* The size here indicated is about as large as a postage stamp, but oval.

October 27th. Feverish from time to time in the evening; ulcer on the right leg.

November 3rd. The left leg entirely covered with thick brown crust and scales, whence excretion of pus. On account of the great excitement produced by the water, dry bandages put on, and when removed after a few hours, covered with pus and scales. The ulcer more flat and wider.

October 11th. Wet and dry bandages alternately; the spasms in the stomach not returned; patient takes all sorts of food with impunity, and, except the pain in the leg, feels perfectly well.

November 16th. Patient leaves the establishment, to continue the treatment at her own house, not far off; this is done regularly and with moderation. I saw her from time to time, and conclude with the result of my visits.

December 7th. The critical eruptions continue; the ulcers on both legs discharge a great deal of matter and are larger; the surrounding eruption with its peculiar scaly deposit and copious secretion remains, though to a less extent; the gastric affection is removed; general health good; sweating; washing; foot baths; bandages.

January 10th, 1840. The ulcers on both legs in same state, level and suppurating; the surrounding eruption considerably diminished.

August 20th. The stomach continues in a perfectly healthy state; no pain; no inconvenience; appetite excellent; digestion in its natural state; the ulcers rather smaller; the eruption the same. The former at times very painful on any excitement of the mind, such as fright, &c.; patient feels a violent shooting pain in the sores of both legs at the same time; sweating every other day; washing; sitting bath for twenty minutes; wet bandages often changed.

December 4th. The critical eruptions little reduced; general health good.

February 9th, 1841. While the ulcers, the one as large as a sixpence the other of a half-crown, are constantly suppurating, the inner part is flatter and covered with healthy granulations; the surrounding part free from inflammation, little reddened, with no eruption, yet very painful, as well as the ulcers; general health uncommonly good; the spasms in the stomach have never returned,

in spite of the frequent use of such dishes, as for twenty years formerly could not have been eaten with impunity; eates of all sorts, butter, meat, vegetables, &c., agree now perfectly well with the patient; sweating twice a-week; washing every day; sitting bath; bandages.

July 7th. General health perfectly good; the swelling of the feet is for some days gone entirely; the ulcers much smaller and discharge little.

November 25th, 1841. Ulcers much smaller, yet not quite healed; little discharge; stomach entirely free from pain.

Some months ago, after a severe cold, patient was confined to her bed for eight days, during which time and subsequently, some oppression was felt about the stomach, but no spasm or pain; the critical eruptions, it may be expected, will be over in a few months, and the ulcers, which are rapidly healing, will be closed up.

The spasms in this case, an obstinate chronic complaint, treated in various ways without success, and at last declared incurable, have been thus, by carrying out the indications as they appeared at the commencement of this report, by the elimination of their material causes as they existed in the organization, and by the discharge of matter, which, in its process, lasted two years and a-half, fully and permanently cured.

* * * * *

The most delicate constitution may gradually be habituated to cold water; and the most timid persons emancipated from their fears by the exercise of common resolution and perseverance. Dr. Bicking relates in the *Water Friend*, a very interesting case of hysteria in a woman, who, at the age of thirty, had passed three years in bed, secured by every possible precaution against impressions from the external air, and swallowing with the most laudable docility, whatever drugs were presented. Her sufferings, according to her statement, were innumerable; and the state of weakness to which she was reduced, was such, that she could not stand upright without support. She was prevailed upon to discontinue her medicines and submit to the cold water treatment. Her fortitude was not thrown away; at the expiration of a year, her health was so thoroughly restored, that she could brave the severest weather without experiencing the slightest inconvenience. It required both

moral and physical courage to conquer a repugnance, which contact with its object seemed to justify; for no less than eight days' preparatory trials were required before she could dip her hand in cold water. What she swallowed was taken into the mouth drop by drop, as if it had been the strongest and the most powerful drug.

Before I proceed to the next case, I would request that whatever expressions are here difficult of comprehension, may be attributed to the genius of the language from which they are taken, and the habits of thinking peculiar to those who speak it; and that Dr. Piutti may not be made to answer for the faults of his translator, who, in striving to be brief, fears he too often becomes obscure.

* * * * *

Water Friend, February, 1841, No. 14.—C. B. of Liebenstein, a village in the neighbourhood of Elgersburg, fifty-nine years of age, tall, and of strong athletic build, by his own account of strong healthy parents, and from infancy, free from all serious diseases, fell sick, in his eighteenth year, of an acute fever, the nature of which cannot be exactly ascertained, and as a remedy, a vesicatory was applied to the calves of the legs; the one on the right leg soon healed, but not the other; which changed into an open ulcer in a state of constant suppuration, till, at the end of twenty two years—thus nineteen years before I saw him—the calf of the leg began to swell. The swelling, which, according to his description, was hard and compact, an excrescence and thickening of the flesh and the skin, soon spread over the whole leg and thence to the thigh, converting in a few years, the whole limb from the hip-joint to the toes, into a thick, shapeless, round mass, while the above-mentioned ulcer on the leg gradually healed and did not break out again. The patient having been treated by several physicians, who applied, inwardly and outwardly, all sorts of allopathic* remedies,—some of them heroic; and the diseased

* Allopathy and homœopathy were words coined, if I mistake not, by Dr. Hahnemann, and accepted as currency, somewhat inconsiderately, by his opponents. They designate modes of treatment, which seem to be founded, respectively, on contraries and affinities, and to aim at victory by the opposite weapons of sympathy and antipathy; the one alluring as a friend, and the other driving away as an enemy. In analogy with this hypothetical distinction, Priessnitz's child has been christened hydropathy, a denomination about as indicative of its natural disposition as the others of

state of the bone, increasing constantly, though slowly, there was added, eight years before (1832 and 1833,) to the former disease, after frequent slight attacks of gout, lameness of the hips and of both limbs, commencing with slight stiffness, and without pain or sensation in the vicinity of the hips, increasing rapidly, and rendering it in a short time, almost impossible to move the lower extremities, which, stiff and unbending in their connexions with the hip-joint, could but with difficulty be protruded, and the lower part of the back and loins could not be bent, except in a small degree and with much straining. Both diseases, under all the remedies, moxa, &c. applied, had gone on gradually increasing in intensity.

On the 22nd of July, 1838, the patient was received into this establishment. The whole left limb is labouring under hypertrophy, being in the mass about twice as large as the other; it feels hard, firm and tight; small indentations remain after strong and continued pressure; the external skin, apparently in its natural state, is hard and tight, and yields reluctantly to pressure: it cannot be lifted up in large or small folds; the separate muscles in this homogeneous mass, though not incapable of motion, are neither visible to the eye nor sensible to the touch; the knee joint, no longer perceptible, forms a round uniform continuation of the swollen thigh, and thence down to the feet, which are covered with a shapeless thick mass of flesh; the leg, in the same condition, exhibits a solid superstructure, on which appears a number of scars from former ulcers and abscesses. At the same time the underpart of the spine is so lame and debilitated, that both limbs are stiff, and can only be dragged along with great effort and by bending the body forwards; and this not without the aid of two sticks; in addition, pains in the loins, &c.

The object* now was to bring about the extraction and elimination any qualities intelligible to ordinary minds in England. Pharmaceutical etymology is privileged to confound objective with subjective, and rejoices to make the patient, the disease and the remedy all suffer together for the edification of science and the benefit of society.

* "We seek to place the diseased organ and the organism on such a footing as shall enable their vegetative and conservative properties to operate as easily and efficiently as possible, to develop their powers, and compensate, by an act of self-reparation, for any disturbing or alterative influence of the morbid agent. It is not we or our measures that remove

of the latent virus, by strengthening and stimulating the secretory organs, and by producing local re-action in the diseased limbs—the treatment, therefore, which was to promote organic regeneration, was commenced with sweating in the blanket, and the bath immediately afterwards, consisting at first in washing with water, with the chill taken off; then a half bath with sprinkling, and at the end of six days, in a bath with cold water, followed by a half bath, for half an-hour, and with bandages, put on tight, to stimulate upon the whole limb, and changed four times a-day.

April 9th, Morning. Wrapping in blanket from four to seven o'clock, and the perspiration having flowed for an hour; a cold bath for a minute and-a-half; at ten, douche of twenty feet fall for four minutes. Afternoon. Sweating from three to five; bath. Evening. Eight o'clock, half bath for half an hour; the diseased part perspires well and slightly, affording a favourable prognosis; twenty glasses of water and a quart of milk daily.

April 15th. For some days pains in both limbs, from the loins, down the sciatic nerve to the knee, the pain in which is more intense, make it necessary to discontinue the half baths and the douche—while the sweating twice a-day, with the cold bath afterwards, and the bandages are continued.

April 15th. At night and during the sweating, the pains slight or not perceptible; wrapping up from four to seven, A. M.; bath. Afternoon, same from three to six; bath; bandages; twenty-five glasses of water daily.

April 17th. Pains less; perspiration copious; general health good; eruption on the upper limb, consisting of numerous red, pointed, accumulated knots, upon isolated halos, passing off in parts into red superficies; copious sweating daily; three and a-half or four hours.

April 21st. Under this treatment the eruption extends itself; anomalous action. The art and the physician who accomplish this is the organism itself; all that we effect is, to liberate the normal action from any oppressing or obstructing cause, and afford it freedom of exertion." Canstatt, as quoted by the *British and Foreign Medical Review*, April, 1842. This German writer published his work, in 1841. The passage from which the above is taken, is represented by the Reviewer "as containing an intelligent, though not entirely novel exposition of the general objects and principles of treatment in inflammation, and in some measure in all diseases."

in many places large livid spots a little raised and swollen, and without knots.

April 29th. No more pains; the eruption in course of healing.

September. The douche resumed gradually, from four to ten minutes, and knee bath from fifteen to thirty minutes, added, the diseased limb being immersed to the middle of the thigh; twenty-five to thirty glasses daily, without the slightest inconvenience. The hardness and consistency of the limb diminished; the mass more easily compressible; the muscles put in motion with less difficulty.

September 15th. A small ulcer on the lower part of the leg above the foot; no more pain in the loins, &c.; general health good; patient seems to walk better and to move the limbs more easily, but not much.

September 29th. The ulcer above mentioned rapidly increasing, &c., as large as a crown-piece.

October 4th. Another near the former ulcer; lately, slight fever symptoms, since reduced.

October 15th. The ulcers larger and deeper in the skin, the one two and-a-half, the other two inches in diameter, both roundish; painful and suppurating much; douche fourteen feet high, and for five minutes; knee bath in the evening; bandages.

October 28th. Patient goes home to continue the treatment. The ulcers on the leg are each two and-a-half inches in diameter, with borders of red colour, &c. This sort of ulcer, which I have pretty often seen, appears to me as one of the most healthy, though painful and tedious, of nature's critical efforts,* more so even than those

* The crisis is usually marked by the occurrence of eruptive fever. "It is well known," I quote the words of Dr. Mackintosh, "that many cases of eruptive fevers are very mild, and require little treatment; while others are extremely severe and fatal, and that a great deal depends upon the eruption, whether it comes out at the usual period, and whether it remains out, or prematurely and suddenly recedes. The eruption, in point of fact, ought to be regarded as a natural blister, acting as a counter-irritant." This appears to the author clearly proved,—(and he might find numerous facts to corroborate his opinion at Gräfenberg and other hydropathic establishments.)—"1. By attending to the constitutional commotion and oppression of the whole system, and the morbid changes in the functions of various organs, for many days before the appearance of the eruptions. 2. By the relief afforded, in general, after the free development of the eruption. 3. By the increased suffering and danger which

eruptions which come on so often, and, by the bye, are falsely called (viz. in Gräfenberg) ulcers, the boils, bubos, &c. The present case, with many others here, proves as well the truth of this opinion, as the fact that ulcers of this sort are not an additional disease, but a critical and an eliminating instrument of the existing evil, (which may be called a diseased state of the juices, with deposition of morbid matter,) and that they do not remain as incurable sores, and as it were, derive strength from the powers of nature; but rather heal spontaneously, rapidly, and without injury to the constitution, when the disease has been subdued by an appropriate uninterrupted application of the hydropathic treatment; since in the instance before us, as we shall see in the course of these details, the ulcers, so long as the limb continued in its state of hypertrophy, increased both in breadth and depth, and discharged much matter; when, however, the swelling and the lameness were reduced entirely, they began, after staying sixteen months, to heal; and though the patient was fifty-nine years of age, they cicatrised within a short time.

I particularly call attention to this case, now that many, who have not found all their expectations from the cold water method realised, think themselves justified in passing a sweeping sentence of condemnation against it, and we hear it stated as an argument against

exist when the eruption is deficient, or when its repulsion suddenly and prematurely takes place. 4. By the relief which follows proper treatment; and, 5. by the appearances observed on dissection." I am not aware that any thing to confirm the last reason is to be found at Gräfenberg. As for the rest, it might really be taken for a defence as well as a picture of hydropathic practice in some of its most essential points. The third reason excites very painful reflections; and I have never heard that the repulsion of critical excretions, of whatever nature, have been followed by such lamentable consequences, as appear to have occasioned recently an event that has awakened general sympathy in no ordinary degree. We know that when gout is thrown back from the surface, disorder in the cerebral functions is to be apprehended. Yet, though Priessnitz has had innumerable cases of this kind, there is not one, if I mistake not greatly, that has terminated, by a sudden removal of the internal symptoms, in alienation of mind and consequent self-destruction. Those, who read with attention the medical evidence given on the Coroner's inquest, will fully understand this allusion, though they will not, with me, regret, that the patient had not been under hydropathic treatment, and another victim to neglect of premonitory symptoms of morbid connection between mind and body, added to that of poor Lucas, of Aldermanbury, whom the douche or the shower bath might probably have saved to himself and the mutilated objects of his perverted affection.

it, that incurable ulcers are often the consequence of its application. This, to say the least, is a one-sided, if not a false judgment—the latter, however, I can no further at present prove, than by declaring, that in the frequent observations I have made of all such critical ulcers, which, viewed in their maturity, easily appear to the physician, what are called old, vicarious, and for the most part incurable ulcers, (on account of their resemblance to such,) hitherto not one case has come before me, or is known to me, where, in spite of its long continuance, it has not under appropriate, and not too strongly applied hydriatic treatment—providing, however, the presumed morbid matter has been completely expelled,—healed as it were *of itself*; while, on the other hand, I cannot deny that it is possible by an erroneously applied treatment of this kind, such as is built on an over-estimate of the re-active powers remaining in the constitution, is forced, of too strong operation,—too long continued, and hence perhaps, dissipating the vital powers, or, when the treatment is too soon discontinued, and other remedies producing local excitement, are used; in such cases, ulcers, which then assume an atonic character, may be left behind. If any of my colleagues have made observations on the last point, it would be desirable that they should communicate them, as the promotion of truth, whether it be in the eyes of laymen, for or against hydriatics, can be but the promotion of good, in this case as in every other.

Our invalid, though in poor circumstances, continued the treatment with great perseverance at home, as follows:—encouraged, in addition to his incapacity for other occupations by the progressive improvement of his health, and the feeling of comfort so long denied to him. Every week, wrapping up two or three times, and cold bath when in copious perspiration; besides in the morning, daily, a cold bath, two knee or leg baths, from thirty minutes to an hour; sitting bath for a quarter of an hour; close bandages continually on the left limb; appropriate not too sparing diet, and fifteen to twenty glasses of water every day. I made inquiries from time to time of the progress made.

November 7th. Ulcers increased in extent, but not in depth; the ground redder and covered with small blood vessels and yellow suppurations: the border red, somewhat puffy and inverted; very painful; the leg much less in hardness and extent; the thigh softer,

the mass of flesh more movable, the lameness less, so that patient can walk slowly with a stick, and in his room without one.

February 14th, 1839. Improvement continues. Patient could walk more easily, but slowly, and with a stick in the open air; the leg had become a little softer and thinner, particularly so at the joint and instep of the foot; where the disease of the cellular texture had previously formed thick, hard protuberances as large as a man's fist, but now visibly reduced in size and consistence. The patient, however, complained of the ulcer, which had been extremely painful, and which, in fact, had attained an enormous size, and appeared in the worst condition night and day: he was obliged, on account of the violence of the pain, to renew the bandages every two hours; thus occasioning frequent bleeding in the inside, and copious discharges of matter of a very foetid nature. Immediately on taking off the bandages, a foetid smell came from the sores, which had now, from the union of the two former, become one ulcer, and had reached the immense size of fourteen inches square, and in many places, was from two to three lines in depth. One half of this ulcer exhibited a deep red ground, in a promising condition, covered with many healthy granulations and yellow brown stripes of ulcer; the other half covered with a dirty purulent mass, thick, skinny, and of a green, brown, or black colour, emitting a very disagreeable smell. This decayed mass was removed by means of tepid water, and a pair of pincers; exhibiting, on its removal, the ground of the sore, deep, and of a brownish red colour, covered with secretions slightly liquid, and granulations in course of slow maturity. The ulcer has broken through the skin in its whole extent, and enters, in many places, to some depth into the cellular texture. Such is its appearance, that any one unacquainted with the efforts of nature during the cold water process, would have considered it an incurable ulcer, produced by a culpable application of that mode of treatment. Our invalid, however, under all his sufferings, which tortured him almost incessantly for months, lost nothing of his courage, and continued the system with conscientious perseverance. Some relaxation now took place, and the knee-baths were taken for a quarter of an hour only; the water not being icy cold, and the ulcer was bound round with linen during the immersion, to render the contact with the water less painful. Sweating three times

a-week ; every morning, a cold bath ; bandages on the sores, renewed every two hours, or every hour and-a-half. I may add that, from the commencement, a wet bandage, renewed three or four times a-day was worn round the body.*

* *Leibbinde*. This is known by the name of Neptune's Girdle. If all the rags and plasters, no longer wanted at Gräfenberg, were hung up as votive offerings to the tutelary divinity of the place ; (*vestimenta maris Deo* ;) by the pilgrims who have worshipped at his shrine, no exhibition could be imagined more capable of consoling misfortune, inspiring devotion, and disarming prejudice.

Camden, speaking in his *Britannia*, of the fountain at Holywell, in Flintshire, says :—"The roof is hung round with crutches and hand-barrows, left by persons who have received a perfect cure ;" and again, "the inner part of this well is set apart for bathing ; the outer for common uses. The little resort is chiefly from Lancashire. James the Second was the last crowned head that came here. The cures performed by bathing in this clear cold spring, either by its coldness or by the mixture of lead or clay, ascribed to it after rains, are so speedy and well attested, as well by Protestants as Catholics, as to be almost miraculous." From Camden's remark, we may conclude, that the sick were led to these healing waters by faith in their tutelary saint, and that the royal visitor had some other object than health in giving celebrity to a bath, which was more successful in enring serofula than his own hand. Be that as it may, we know that mountain springs have from time immemorial been considered, in almost every country, as under the immediate protection of some Egeria or Winnifred. Most historians, however, of their miracles, have confounded cause with effect, and have thought them salutary because they were sacred, while they were sacred because they were salutary. This illusion is easily explained. Happy would it have been for mankind if every chapter in the records of priestcraft had been as innocent as this. We have succeeded in dispelling the superstition which attracted us to the fountains of health :—let us no longer yield to the superstition which repels us. With regard to King James, Pennant tells us, that his consort gave the chapel over the well to a Roman Catholic clergyman, and that the faithful are relieved of their complaints, according to the degree of devotion with which they kiss a stone, called the wishing stone. Close by, is "a spring once famed for the cure of weak eyes. The patient made an offering to the nymph of the spring of a crooked pin, and sent up at the same time a certain ejaculation by way of charm ; but the charm is forgotten, and the efficacy of the waters lost." "All infirmities," he adds, "incident to the human body met with relief ; the votive crutches, &c., remain as evidences pendent over the well. The Saint is equally propitious to Protestants and Catholics." There is no lack of evidence to the predilection thus shewn by the saints for springs and fountains. At Finglass, near Dublin, is "a remarkable well," according to Arehdall's *Monasticon Hibernicum*," dedicated to Saint Patrick. Tradition says, it was formerly celebrated for many miracles wrought there ; and its sanative virtues have been lately much recommended." I have adduced these facts to show how naturally divine agency was attributed to phenomena so disproportioned, as they would be thought

June 21st, 1839. Patient returns to the establishment, lameness much reduced, so that he can walk without a stick, on even or uneven ground, tolerably fast, though not quite upright. The diseased limb is, in the most satisfactory and remarkable manner, almost reduced to its natural size and shape; the fleshy masses of the leg, of the foot joint, and of the foot have disappeared; and the swelling and the puffy protuberances still remaining, are connected but in part with the hypertrophied mass, in the other part with the thick and outer folds of the skin: the calves of the legs and the knee are again in their normal state, though still somewhat swollen; the left thigh thinner by half, than before, and nearly of the same size with the right, the general health continues, as during the whole course, excellent.

For a month, the ulcer began to grow less, as the border becoming every day flatter and thinner, contracted its whole circumference towards the middle; the ground, under the influence of the bandages, became cleaner, and the violent pain was succeeded by a little tenderness. The ulcer bled no more, and while the new pale skin withdrew into the suppurating surface, the turgescence and reddening of the adjacent parts diminished. This natural healing process, so wonderful, so simple, proceeded so rapidly, that, on the arrival of the patient, the surface of the sore extended but nine inches square.

From this period, patient lay every morning in full perspiration, from an hour to an hour and-a-half, and then took a cold bath (7° R.) from one to two minutes; a sitting bath for fifteen minutes, two hours after breakfast; at four, P. M., a foot bath for a quarter of an hour. The douche of twenty feet fall was taken for six or eight minutes, every other morning, at eleven o'clock. By this treatment, adapted to the strength and re-active power of the robust and health-regaining invalid, energetic in its operation, effecting rapid excitement and general excretion of the morbid matter, and thus manifesting its salutary results in the progressive healing of the critical ulcer, such continued improvement took place, that in the ensuing

by uneducated minds, to the simplicity of their causes. "Less than a God they thought there could not dwell within" the wonder-working stream.

month, the lameness might be considered at an end, and the complete removal of the hypertrophy that had lasted nineteen years in the limb, and of the ulcer was in prospect.

July 10th. For some days has appeared, in the middle of the sore, which is still about eight inches square, a space formed of dry, whitish, healthy skin, about the size of a sixpence; truly a rare instance of nature's power, that, in the midst of an ulcer, the process of healing should commence, through a normal formation of skin, and advance in the direction of the border.

July 30th. The sore still seven inches square in extent.

August 30th. Reduced to four, with the ground forming an irregular circle round the skin; formation in the centre, which increases and is of a healthy appearance; it suppurates but little and looks healthy; patient takes much exercise, attends to field work, wood cutting, &c.

September 7th. Rapid improvement of general health; not so with the sore, chiefly perhaps owing to the unfavourable autumn weather.

September 15th. Patient goes on with the treatment in his own house, &c.

When I saw the patient again, on the 20th January, 1840, this critical ulcer, which had remained sixteen months in the skin and its secretory organs, was entirely healed; the left limb had recovered its normal size and shape; the muscles were perceptible to the touch, the skin no longer tight, and easily folded; the lameness was so far gone, that the patient could walk well and work, though his walk was not so quick as that of a young man; the treatment may now be considered at an end; washing with cold water every morning, and abstinence from spiced food and spirituous liquors are still continued.

February, 1841. Patient continues well; does pretty hard work; is employed all day on the road in severe cold, with the thermometer at 10° R., and is now a great friend of water and the water cure. This remarkable case requires no commentary. Unique in its kind appears to us the water cure, since it thus completely renovates an old body, laden for ten years with morbid matter, already transfused into the general organization, resuscitates in an incredible manner,

throughout the diseased part, the power of vital re-action, that appears destroyed, and effects, within eighteen months, the complete elimination of a disease, which, from the enormous accumulation of its products, seems, to human apprehension, incurable. For him, however, who knows how the water cure attunes anew the whole constitution, ameliorates the juices, and powerfully stimulates the *vegetative* process;—how by the general invigoration of all the systems and organs, more especially, however, of the vegetative nerves and the cutaneous functions; it gives a new tone to the whole body:—how it calls into play, in the highest degree, the restorative force that still remains, and at the same time, with its increasing development, multiplies and raises to the utmost its energies and its resources:—for him who is familiar with the result of this method (but one portion of the hydriatic art,) the cure of these deep-rooted diseases of the vegetation is nothing supernatural, nothing miraculous, but rather a vital process, purely natural, yet raised to an uncommon degree of activity, and excited to an uniform universal development of its powers by a well weighed and cautious mode of procedure. He knows, too, that the power he thus has in his hands of raising, by various modifications of this instrument, the vivifying process, has limits to be strictly observed; that it cannot be applied in the same manner, without injury, in all diseases that are known by the same name, or even the same symptoms: that rather, if the results are to correspond with the expectations, it must be applied in conformity with the peculiar constitution of the patient and the nature of the disease. However good the plan laid down in any given case may be, and however it may agree with the indications, I would state that the treatment, in its course, may yet be exaggerated, that is, that the restorative process, if too powerfully raised; (and this is possible, though the instrument applied is perfectly appropriated to the disease,) may, be too highly excited—may thus be weakened and rendered incapable of completing that re-action, which is necessary to the restoration of healthy function. The hydriatic remedies, which are liable to be applied in a manner not sufficiently appropriate to the re-active power in the individual, are, more particularly, the sweating, the douche, and the full cold-bath. The question naturally forces itself upon us, whether it is possible, so far to ascertain the capability of re-action, and form our

judgment, as to fix approximatively the necessary degree of excitement.*

I do not hesitate a moment to answer this question in the affirmative. We possess resting-points and certain criteria, by which we are enabled, in any given case, to ascertain, during the treatment, the degree of re-active power possessed by the constitution; and in fact, according to my opinion, in addition to considerations suggested by age, sex, temperament, the intensity and duration of the disease, the progress of excretion throughout, the state of the skin, the development of caloric, the time of year, and the weather, the chief criterion in forming this judgment is afforded by the nervous system. Every kind of re-action, in whatever system, in whatever organ, it shews itself externally, begins in the nervous system, and there determines the character of those alterations and appearances which afford us means of judging already whether the degree of re-action be too powerful and violent, or exactly proper and desirable. Hence, the most accurate observation of symptoms, which are referable to the nervous system, are, when the water treatment is applied for a long time, of the greatest importance, and alone capable of securing us against dangerous excess.

I defer to another time the special and highly interesting develop-

* It is this which distinguishes the new from the old practice. The hydropathic remedy depends entirely on the natural powers of the body for any chance of success it may have. It never contrasts art with nature—its sole art is nature herself. Such expressions as the following might be looked for in vain in any report of any case, whatever be the circumstances of its application, treated in this manner. "We know no condition more hopeless than that of extreme collapse in the disease (cholera); so hopeless, indeed, is it, that often have we questioned, in watching a patient in this state, whether our art possesses, or is likely to possess, any resources against it; or, in seeing him emerge from it,—and he has done so most unexpectedly; whether the remedies employed, or some hidden power of the constitution, had been instrumental in effecting re-action."—*Cyclopædia of Practical Medicine*. A water-doctor, in point of fact, would hardly be able to comprehend this separate agency; where he sees nothing but that sort of co-operation that exists between the organist and the organ-blower. Non nostrum est tantas componere lites. I am quite out of my element here; I shrewdly suspect, however, if shrewdness be necessary in such a question, that as art is science in the concrete and science art in the abstract, it is barely possible that nature has more to do with art than our vanity is willing to admit.

Naturam expelles fureâ, tamen usque reerret.

It is fortunate for us that the old lady is so tough and unbending.

ment of these practical facts, and merely mention in this place, the exaltation of the ordinary sensibility, the general excitement in the nervous system, sleeplessness or disturbed rest accompanied by dreams, delirium or sweats, lassitude, dejection, loss of appetite, sickness, hiccups, frequent yawning, seeing double, too acute sense of smell, pulse excited, rapid or small, or too slow and intermitting ; frequent palpitations of the heart, shivering often returning and continuing long, antipathy to cold water, great excitability and violent oppression of breath or *ructus* on entering the bath, convulsions of particular muscles, trembling, violent pains in particular nerves, &c., as symptoms of nervous re-action to be particularly observed during the treatment ; symptoms, of which, the meaning with regard to the re-active power possessed by the patient and the appropriate modification of the procedure indicated, will not be difficult of comprehension to the hydrotherapist, who possesses experience and observes systematically.*

* Difference of climate, as is well known, requires difference of treatment, though the disease is the same ; and what would be a salubrious dose of poison at Petersburg, would be death to a patient at Naples. It would be worth while to ascertain whether the hydriatic method would, when employed in Russia and Italy, present such results as might demand analogous modifications beyond what would suggest themselves to men of ordinary judgment. It is probable that cold substances would act in such cases with a degree of efficacy directly proportioned to the heat of the climate ; and that ice imported from Boston to Calcutta would, when reduced to one-third, serve to subdue the same quantity of fever in India as it would have done if it had remained unmelted in North America. Those philosophers, who do not think with Lord Bacon, that final causes are barren, and will allow me the same privilege of begging a question they exercise themselves, may here find ample room for their principle of adaptation ; since plants and minerals possess sanative sympathies and alterative affinities with but a restricted number of human ailments ; whereas cold water knows no limit to its capabilities of relation with the diseases "which flesh is heir to." This doctrine of adaptation involves a palpable fallacy ; and the error it leaves behind it is at least equal to the truth it brings with it. That the elementary principles here spoken of are adapted to the organs, which, in the great circle of vitality, dissolution and re-production receive them in undeviating succession, no one would be disposed to deny ; but it by no means follows, that they were predestined to excite abnormal action for the avoidance of death because they are fitted to excite normal action for the support of life. They promote secretions in the lower animals as well as in man ; and it would hardly comport with those general laws observable in nature, that their concentrated essence should be exclusively intended for the removal of infirmities in the one,

That, however, on the other side, we must not regard the enumerated signs of excitement or depression in the organic re-action with exaggerated anxiety, and by important relaxation and ill-timed temporising, lessen the good effects of the treatment, or even suffer valuable critical moments to pass by unused ; that on the contrary, we can, and ought to expect and require much, even very much, from the powers of nature and their energetic re-action in this method, is proved by a sufficient number of examples in every cold water establishment.

Dr. Piutti goes on to state, that these ulcers form one of the most favourable kind of critical eruptions ; and concludes with a claim for the treatment he employs so ably, a superiority above the established system. He speaks, it should be observed, of its application to functional disorder not to organic disease ; a distinction which imprudent friends forget to remember, and prudent enemies remember to forget. Such mistakes are by no means rare, even among the most disinterested observers, and can scarcely be avoided, till some general organoscope is invented. "It resulted from dissections, performed at Hulsea Barracks, by Dr. Knox, that of from forty to sixty bodies of persons, supposed to be labouring under hepatitis or hepatic dysentery, in two only were there any traces of organic disease of the liver."—*British and Foreign Medical Review*, April, 1842. This consolatory fact ought never to be lost sight of by hypochondriacs. Dr. Piutti was about to dismiss a poor miserable dyspeptic one day from his establishment, because, as he assured me, his liver was incurably diseased ; I begged hard that he might be permitted to have a fair trial ; he remained ; and in less than three months, his weight was nearly doubled ; he became the gayest of the gay, and quitted the place in perfect health. I have omitted the conclusion of this report, as it did not seem necessary to the elucidation of the treatment.

* * * * *

I may rely, I trust, on my readers' indulgence, if I adduce my own personal experience, in confirmation of Dr. Piutti's statement as to

which are, in some measure, incidental to both. I say nothing of the inaccessibility, characteristic of these medicaments, to all uncivilised societies, and to an immense majority of the civilised.

these ulcers. While at Ilmenau, in the winter of 1840, I was seized with most excruciating pain in the lower part of the tibia of the right leg; but by applying ice and renewing it as it melted, a gradual alleviation of my sufferings took place, and, at the expiration of seven hours, I was enabled to walk about as before. I kept on the ice thus long with the view of bringing the swelling, which had lasted two or three years, and appeared to be a critical effort of nature, brought on by the cold water treatment to suppuration; it had occasioned me at times great pain and inconvenience, and I had been told a year before, by one of the first surgeons in London, that I should probably lose my leg if the swelling continued; an opinion that was shared by another member of the medical profession. In the course of a few days an ulcer made its appearance; and, having spread considerably in all directions, discharged a good deal of matter. It was pronounced by those who had studied the subject practically, and more particularly, by my excellent friend Dr. Piutti, to be a symptom of good omen; and I waited patiently for the fulfilment of their predictions. Frequent ablutions with cold water; leg baths; and wet bandages, laid on night and day, were the only remedies applied for a sore, which had so frightful an appearance; (for it seemed to be literally eating into the bone,) that one of my countrymen strongly urged a friend, at whose house I met him, to dissuade me, if possible, from pursuing the treatment: he felt convinced, he said, though he knew I had walked twelve or fourteen miles and was about to return on foot, that day, that it would bring me to my grave:—"I see death in his face!" was his emphatic exclamation. As, however, I thought he was as likely to be in error as men better informed had been,*

* A medical friend, to whom I had related the result of my visit to Gräfenberg, endeavoured to cool the ardour of my gratitude for relief from sufferings, almost beyond human endurance, by observing, that it was strength of constitution not cold water that had been of such service; a sort of excuse, for which the faculty, in spite of its naïveté and its novelty, have no reason to thank him. What general will confess that he has carried on a thirty years' war unsuccessfully, because he had had a powerful ally in the heart of the enemy's territory? Sometimes, singular enough! the invincible auxiliary is in the besieger's camp, but his forces are not called out, whether to spare him the humiliation of an easy victory or to enjoy the honour of undivided laurels. A man, between thirty and forty, was under treatment, *selon les règles*, for cholera in his own house at Clifton; for as he was, and still is, keeper to the magazine at

I persevered till, after fifteen months, the ulcer healed, and at the moment I am writing, nothing remains of it but a slight swelling and a few scars. I have found, within the last two months, in the *British and Foreign Review*, (July, 1836,) a passage that may, perhaps, throw some light on a matter, of which I do not presume to venture an explanation. "If an irritation," (*i. e.*, according to the Reviewer, "a disturbance of the nervous principle") strictly local in its origin, produce a certain degree of re-action, the determination to the nerves and blood-vessels of the part, present a series of phenomena constituting inflammation." This is an extract from *Travers on Constitutional Irritation*. The Reviewer subjoins, what may serve, perhaps, to explain the principle on which the hydriatic

the Zoological Gardens, he was not sent to the general dépôt, lest the interests of the institution should have suffered. It was fortunate for the patient that more regard was felt for the Society's pockets than their servant's health; and that the chances of his recovery were not made contingent on the number of non-contagionist zoophilists in the neighbourhood. His absence from the gardens would have driven away visitors; and his residence at the hospital would have cost him his life. The three practitioners who attended him, having exhausted all the resources of their art, whispered mysteriously together and retired into an adjoining room. On their return, they ordered cold spring water to be brought, and placed some linen, they had dipped into it, on the sufferer's abdomen, renewing it frequently without wringing it out. The excruciating cramps gradually went off; and, at the end of ten minutes, the patient, who had not closed his eyes for two nights, fell into a profound sleep; he was then covered up, dripping wet as he was, with the bed clothes, and remained for six hours in a state of undisturbed repose. The crisis was now over; and, in the course of five or six days, few vestiges remained of a complaint, which one of the professional attendants declared afterwards, must have proved fatal, if it had not been arrested by this "heroic remedy." I had this case from the man himself.

Of 461 cholera patients in the Drummond Street Hospital, Edinburgh, 291 died. Dr. Morton, who states this fact, speaks of the "truly lamentable" fatality of erysipelas, "not only in public hospitals but in private practice." He recommends his brethren to "use the common sense with which they are endowed, and give up a prejudice that has been inculcated on their minds from the earliest periods of their lives;" now, unless common sense belongs exclusively to physicians, as common law to judges, and tradition to Roman and Anglo-Catholics, Priessnitz who has treated successfully more than twenty cases, may lay some claim both to the possession and to the employment of this valuable faculty, and lament that cholera should be as fatal in public hospitals, as erysipelas is in private practice. We should recollect that what is common sense now was once egregious folly; and that many things we affect to despise or abhor, may be honoured and admired by those who come after us.

crisis rests, and to shew that it is not altogether a mental illusion, which discovers in the results of the water cure, and in the effects produced by the ordinary remedies, something like a coincidence or an analogy ; something that may exempt the new method from the guilt of presumption, if it claim for itself a firmer foundation than its imputed charlatanism could stand upon. "This (the inflammation) may begin and terminate in the part, and thus be strictly local, or the local action may be of such a character as to excite the sympathy of the system and produce fever ; and this constitutional irritation may serve a salutary purpose, and be indispensable to the recovery of the part." Allowing the excitement, produced by the immersion in cold water, of the whole surface of the skin to be, in relation to the inner structure, of a local nature, may we not imagine the whole system under the influence of sympathy ; and, while in that state of fever here alluded to, those morbid secretions to be elaborated from particular organs, which generally take place when the cold treatment has been continued for an adequate time ? It is hardly fair to apply the contemptuous epithet of "panacea" and "universal specific" to a system, which produces phenomena, apparently reducible in all their diversities of form, to one general law of acknowledged operation.

One meets occasionally with singular coincidences and resemblances in things and persons, the most remote from each other in every conceivable respect. Who would have imagined that what an uneducated peasant in an obscure village has done for the body, has been proposed for the mind by a celebrated philosopher at the seat of science and refinement ? yet that such is really the fact, may be seen from a note to the work of Cabanis : *Rapports du physique et du moral de l'homme*. "I allude to those periodical and alternate states of activity and rest, at times complete, of the brain, which are observed in different individuals. As they depend on the disposition of the other sympathetic organs, and result from motions analogous to those which are critical in diseases, it is not impossible to control them to a certain degree by a physical and moral regime ; perhaps even to produce them artificially, in order to give, for a time a greater force, or a new direction to the intellectual faculties." It will be said, probably, that Piutti does not force disease to a crisis, or not at least so frequently, and so effectually, as physicians. How-

ever that may be, I wish neither to grant, nor to beg the question ; and leave it to be settled by better heads.*

The hypothesis, assumed by many advocates of hydriatics, that disease results from the *vis medicatrix naturæ*, (to use a phrase used by physicians themselves,) and not from the morbid matter within, (to use a conventional term of the same kind) and may, therefore, be viewed in the light of a restorative effort in the system, is not so far opposed to opinions entertained in high quarters, as to deserve the ridicule it has met with. I will merely cite Cabanis in its defence, an authority not lightly to be rejected ; “ Whenever,” he says, (same work 7 mem. 10 chap.) “ any derangement of regular functions exists, without destroying the re-active energies inherent in nature, a fresh series of efforts, the object of which is the restoration of regular action, ensues. These efforts do not properly constitute the disease ; since they are destined to combat it ; yet this term is

* Cabanis tells us, that in his part of France the place of a hen, when the eggs are deprived of her care, is supplied by a capon. The abdomen of the latter is deplumed and rubbed with nettles and vinegar, and the poor creature is put, in this state of local irritation, upon the eggs ; the relief which he finds from his new position makes him continue to sit ; and habit attaches him to the office thus forced upon him, till the chickens leave the shell, and find their foster-parent as assiduous in guarding them from danger, as their natural mother would have been. May not this singular practice, of which, probably, some of my readers may before have heard, be explained on the hypothesis, that the sensation of cold assuages the pain which the nettles had caused, and the sores heal gradually under its influence ? The converse of the process by which incubation takes place may be seen, by any one who will put a plate of steel on any part of his body that is warm. He will find, in a short time, the two surfaces in contact of the same temperature, an interchange of that which each possessed having produced an equilibrium. Hence it is, that local inflammation is drawn out by the application of cold. It does not seem to require the sagacity of a Newton to obtain from such every-day facts as these something like a principle, that might be applied to the extraction of critical heat from the whole body, and thus subdue fever in all its disguises. But common sense, like every thing else that is common, is beneath the notice of a wise man, though it preaches from the mouths of babes and sucklings, who greedily press any cold substances within their exploring grasp to their inflamed gums. With the same indifference to “ the prime wisdom that before us lies in daily life,” no one asked why people put a large iron key on the spine, when the nose bled, till a physician, of Maidstone heard that a cat, which had been poisoned with prussic acid, had been thrown into a gutter where it revived, and opened the mystery without thinking of the key, or explaining how it acted.

given to the phenomena they produce. Thus, in vulgar acceptation, the disease is the work of nature, which opposes resistance, however well or ill directed, to the threatening evil ; and, perhaps, we should not be far from the truth, if we considered these guardian powers (forces vigilantes) as the simple and immediate result of previous habits, which tend, of themselves, to regain their own channels ; for force of habit governs the animate world. *Every disease may, therefore, be viewed as a crisis.*

“It is now generally admitted, that many of the seemingly violent phenomena of inflammation are not, strictly speaking, morbid movements, but consist, at least in part, simply of energetic endeavours (re-actions) *of nature to oppose or rid itself of an injurious agent or influence ;*” so says the *British and Foreign Medical Review*, for April, 1842. This inscrutable “agent” may possibly exist in other cases, and inflammatory violence may not be the only weapon of defence employed by nature. No man has an exclusive patent for hypothesis-making. It is hardly possible that Dr. Piutti could have seen this work, whether in print or in manuscript ; yet the whole practice of that department, in which he is so ably engaged, affords the most remarkable attestation to the correctness of an assertion to be met with in its pages ; an assertion of invaluable import ; “*severe suppuration produces precisely the same effects as excessive venesection, while precisely the same means which improve the condition of the blood, produce a similar effect on that of the pus.*”

It may, perhaps, be objected that the diseases which the patient brings to the nymphs of the fountain, and that which their salutary intervention creates, cannot both be crises ; since the latter, on this hypothesis, removes the former. When we reflect, however, that the effort, here spoken of, may have been “ill-directed,” or it would have, in most cases, succeeded, we shall, I think, perceive that there is no real contradiction or inconsistency in the assumption. The obstructions which the first effort of nature met with, are removed ; and the crisis, which had before been frustrated, is completed under more auspicious circumstances. Persons who are under this treatment for any length of time, are apt to complain of a certain disinclination to mental exertion, and exhibit occasional symptoms of unusual dejection and depression ; these feelings vary, both in

intensity and duration, with the kind and progress of the coming crisis, and correspond so fully with what Cabanis represents as the usual course of nature in carrying out her critical task, that I must give another extract from his work. "In every critical access, of whatever kind, there are three distinct periods; that which includes the preparatory process:—that in which the most violent effort is made; and that which terminates the struggle; the crisis, according to the proper signification of the term. The first period, is characterised by a vague disorder, by a restlessness without object, by an inability to think and act in the usual manner; the second, by a still more restless agitation of the moral faculties, analogous to that which prevails in the physical system; the third depends upon the termination, which may be either salutary or fatal; entirely dispel the disease, or leave behind it the principle of a new access." I could quote further from the same writer in corroboration of the position assumed, if I had not too much reason to fear, that the reader's patience is already exhausted. Need I here insist on the cruelty of refusing the cheap tribute of sympathy to those unhappy sufferers, who have neither strength of constitution to bring on the last stage of the process here described, nor strength of mind to bear up against the pressure of the two first? How capricious is our kindness, and how unjust is our compassion! We pity the bed-ridden invalid, whom all are ready to assist and whose mind is tranquil; while we laugh at the walking hypochondriac, for whom no one feels, and who is almost distracted by a struggle within, that baffles all his better resolutions, and makes resistance and resignation alike impossible. There is something peculiarly ungenerous in the levity with which the thoughtless possessor of health reproves the afflicted for wanting the same self-control, which he will not exercise himself, and refuses the very sympathy for another's despondency, which he rudely asks for his own hilarity.

The physiological principles, on which these hydropathic phenomena depend, appear to receive some illustration from certain experiments made by M. Pousseuille with iced water on some frogs. The account, as it appears in the *Gazette Medicale de Paris*, for September, 1839, is too long for insertion here: a short extract, however, from the *Constitutionnel*, of that date, will be sufficient for our purpose. "He demonstrated before the academy," says that journal, "that the iced

water very soon completely contracts the circulation in the capillary vessels with which it comes into contact; but the heart re-acting powerfully under the impression of the cold, those minute vessels, which had at first become smaller and inert, re-open to the blood as it is projected from the heart, and appear much larger than before. Here we have a fact which the medical theory of re-action had long admitted; but which is not the less a new proof, that the blood circulates through the capillary vessels* in consequence of the vital impulse of the heart." Whether these experiments, and the general law they establish, be new or not, the change produced in the capillaries, by their contact with cold substances, whether ice, water, steel, atmospheric air, &c., must influence the circulation, by influencing its channels. We may conceive, therefore, that those changes in the arterial blood would follow, upon which the evolution of heat depends, and that, by successive repetitions of this process, by means, in the present instance, of the cold water, the douche, &c., a quantity of caloric would be elaborated, fully adequate to produce those feverish symptoms which generally characterise the crisis, and convert the chronic, where such exists, into an acute complaint; thus enabling the practitioner to see at once both the nature and the extent of the enemy's forces. "It is obvious," says Dr. Prichard on diseases of the nervous system, "that the last step in the process

* This impulse need not be given from the heart. "I have found, by experiments, very frequently repeated, that the motion of the blood may be accelerated or retarded in the capillaries by stimulants or sedatives, acting, not through the medium of the heart, but on those vessels themselves."—*Dr. Philip's Philosophical Transactions*, vol. xlix. p. 493.

"If we consider the capillaries as endowed with a vital power of diminishing their tubes, and thereby lessening the quantity and augmenting the velocity of the blood which passes through them, and of dilating and thereby increasing the quantity and diminishing the velocity, we must admit that these vessels, by their vital actions, contribute the most powerfully to the circulation of the blood; which, in the true physiological sense, does not mean the mere performance of a course from the heart, through certain tubes and back again, but the distribution of the vivifying fluid to every part of the frame, in a manner suited to the maintenance of nutrition, secretion, calorification and other functions on which life intimately depends. Do the capillaries then possess such powers? We think there is evidence, little short of demonstration, that they do. As it is admitted on all hands, that local changes of diameter take place in the capillaries, independently of the action of the heart, what we have to ascertain is, whether such changes depend upon mechanical or vital causes, &c.—*British and Foreign Medical Review*, October, 1839, p. 335.

which gives rise to the determination of blood towards a particular organ is a dilatation of the vessels of the part." If, therefore, there be any effort of nature to throw off, through the skin, or any internal organ, by exciting an unusual secretion, what may impede the ordinary course of her functions, may we not suppose, that the afflux of blood, necessary to this restorative purpose, would be promoted by this alteration in the channels which supply it; and, that as a compulsory cessation of these discharges produces, in many cases, a disorder of functions connected with them by sympathy, diseased action, already existing, may by a reciprocal concatenation be arrested in its progress, and its fatal tendencies be diverted in another direction? In support of this hypothesis, I beg leave to cite a passage from the same distinguished author: (whether diseases can be cured by counter irritation, as they seem to be caused by this kind of irritation, and the movement from the interior to the surface be as salutary as the movement from the surface to the interior is destructive, it is not for me to determine.) "It is well known," says Dr. Prichard, "that after an old sore, or artificial drain which has discharged much for a long time, has been dried up, particularly if it be dried up suddenly, a determination to the head is very apt to ensue, giving rise to vertigo, head-ache, and sometimes to apoplexy. It is equally well known, that after some cutaneous eruptions have been repelled, disorders of the stomach or other parts, frequently ensue," &c.; speaking of artificial drains and new morbid determinations in case of epilepsy, he says in another passage, that, "in these instances, the disease is vicarious and suspends the fits, according to a principle well known in pathology." This metastasis or translation of morbid action forms one of the chief features in the hydriatic process. Dr. Prichard observes, upon two cases of insanity, that they afforded "an instance of an obstinate disease cured by the supervention of fever," an expression, that might be applied with sufficient accuracy, to describe the ordinary course of a case treated hydriatically; the production of a "new determination," which he considers "the most important indication" for the physician, having crowned his well-directed efforts. In defence of this theory, I may quote the *British and Foreign Medical Review*, January, 1837, No. 23, p. 149. "Notwithstanding the apparent strength of the above facts," (noted by Dr. Davy, &c.) to support

the opinion, that animal heat is the direct result of changes induced in the blood through the agency of respiration; we cannot omit to notice, that there are certain conditions of the body, which at first seem opposed to this conclusion, and to lead to that which regards the evolution of heat as resulting from the direct agency of the nervous system. We have ourselves witnessed cases of paralysis, of the whole of the voluntary muscles of the body, including some of those of respiration, in which" (meaning probably the cases) "there existed a very high temperature for many hours before death, and this too, when the function of respiration was performed with much difficulty; but in each of these cases, the activity of the circulatory organs had been greatly increased, so that a greater quantity of blood had passed through the vessels in a given time, a circumstance sufficient in itself, we think, to account for the evolution of heat, whatever might be assigned as the cause of this increased activity of the organs."—*British and Foreign Medical Review*, No. 23, p. 149.

A few pages further, we meet with some very contemptuous remarks (to be noticed in another place) on the "cold water cure;" the principle of which, does not appear to be very dissimilar to that adduced for the solution of analogous phenomena by the writer himself, whatever difference may exist between fever and inflammation.

Again, in the April number of this year. The Reviewer of "Canstatt," &c. says, "the author distinguishes two periods in the inflammatory process, the former of which he subdivides as follows: 1. There is the well-known constriction of the capillaries, with a more rapid flow of blood through them. This he names the period of active congestion; and assigns as its cause reflex action of the vasscular nerves, in spasm of the capillaries 2. Enlargement of the capillary vessels: *stagnation and conglomeration of the red globules. This he calls the period of passive hyperemia, attributed, by some, to an increased action of the arteries with a diminished action of the veins; by others to atony of the capillaries, in which they suppose inflammation essentially consists. 3. Escape from the vessels of serum and red blood, the period of exudation, amalgamation, colliquescence of the tissues. However, different the road these guides take, they all seem to start from the capillaries

and meet in the *caloric*.* I may be excused, therefore, for supposing that there is some connexion between them; and, if we could but manage to fix the hydrostatic instrument to one end of the line and the *hydrogenic* crises to the other, we shall have got through more than half our journey, and may at last arrive at the conviction of something like a rational theory, corresponding with that which empirical induction offers us from a legitimate number of facts.†

The importance of converting a chronic into an acute complaint may be seen from what Cabanis tells us. "An acute disease is frequently a natural crisis, it seems to dissolve and disperse previously existing diseases, which the conservative forces of the constitution have vainly resisted, and which art has failed to remove. A chronic disease, on the other hand, is scarcely ever critical: indeed nature rarely cures such in the irregular progress; and, contrary to received opinion, it is here that art can best shew its powers, and ought to be applied. Many are incurable without this resource. The constitutional changes, which result from acute diseases, are often beneficial: those which follow or flow from chronic diseases are almost always pernicious." Such in substance is the opinion of this distinguished writer in his "*Rapport du physique et du moral de l'homme*," a work which every father of a family ought to read with the deepest attention. The distinction, pointed out so clearly and forcibly in the above-cited passage, is never lost sight of by the experienced practitioner in the application of hydriatics. It forms so prominent a feature in almost all the cases I have given from the German text, that it can scarcely escape the observation of ordinary readers.

It is in chronic cases that the greatest skill and caution are required, for to the difficulties peculiar to itself are to be added, those of the

* The effect of mercury on these vessels is well known. Here again we might trace palpable analogies and resemblances. If I had the pen of Fracastorius, I might sing the triumphs of Priessnitz, in a field where so many mangled and mutilated victims have been left by those who have combated with the old weapons.

† If by the empirical method be meant that which is founded on facts recorded by others or observed by ourselves, it must be allowed, that by this means only has the practice of physic been established.—*Dr. Heberden—Commentaries.*

crisis it is to evoke. We have both to call the spirit from its unknown deep, and to make it do our bidding when it has appeared. Hence it will be seen, that the method is divided into two distinct branches, and the presence or absence of crisis determines the difference.

Hydriatics convert chronic diseases into acute, and acute diseases into health, and the former are treated at their termination in the same manner as the latter at their commencement. The difficulty of dealing with this terrific foe is admitted by those who have buckled on their legitimate armour. "We see one obstacle, and we fear it will prove insurmountable, to the perfectly successful pursuit of M. Louis' object of testing the importance of our remedial measures,—*our total ignorance of the natural course of acute diseases*. We have two powers in operation:—the tendency within the constitution to self-reparation (*vis medicatrix naturæ*, if the term be not objected to) and our therapeutic means. We are ever at a loss to know what share of the fortunate issue to attribute to each: and this obscurity, as it appears to us, must envelope our facts and confound our reasonings."—*British and Foreign Medical Review*, April, 1836; again, "We cannot reflect without astonishment on the common and capricious employment of alkalies, and of acids in medicine, so often prescribed with advantage, *where it would, we suspect, puzzle the practitioner exceedingly to account for his own success*," *ib.* October, 1836. Has any thing more severe ever been uttered against the arch-charlatan of Silesia, by his bitterest enemies? Yet Pricssnitz has no guides to direct him, no Reviewer to admonish him, and no Pharmacopœa to enlighten him. Empiricism, one would be led to suppose, is legitimate practice with a diploma, and quackery without it. The proof of the pudding is in the cook and not in the eating. In taking this outline of the subject, I have delineated but the general features which abstraction presents to the view; when we descend to the concrete, we find, of course, the line of separation less distinguishable in the details of a treatment so complicated. Sometimes there is no perceptible crisis produced, and no preparatory sweating employed. I enter this caveat not against the probability of misconception in honest minds, but to obviate objections to which hurried generalisations expose superficial descriptions.

Drugs, whether administered as sudorifics, emetics, or in any other form, generally produce the same effect in different persons and in different diseases; whereas the cold water treatment produces different effects in the same complaint—the secretion of morbid matter being contingent, not upon the nature of the disease or the temperament of the patient, but upon the adaptation of particular organs to the reception of that stimulus which the elaboration of caloric, effected by the cold, has created. According to the old method, the disorder is often removed by employing another remedy; while the same end is attained in the new, by varying the application of the same remedy. Hence, we may fairly conclude, that, in both cases the same principle is at work, and the same co-operation produced between the stimulus which art supplies, and the power which nature keeps in reserve. In both instances, the hand of man is visible on the one side; but who shall lift up the mysterious veil which conceals the unerring instrument on the other? The juxtaposition, and the calculation of probable consequences are within our reach,—the rest appears to be above our comprehension and beyond our control. When physicians have explained the *modus operandi* of pharmacy, hydrotherapeutie may fairly be called upon to divulge the secret of its success. It is well worthy of consideration, it is no indifferent matter, in which mode of treatment the risks arising, in doubtful diagnosis, from errors of judgment preponderate. In the case of medicaments, we may excite the wrong organ, or we may err both in the kind and in the degree of exciting the appropriate organ. In the water treatment, it is for nature to determine the line of her operations; and the result of her efforts corresponds with the nature of her wants and the amount of her resources. In the former, we attack the general constitution through particular organs; in the latter we attack particular organs through the general constitution. Cold water enjoys one indisputable advantage over the usual stimulants, and sedatives; its habitual use never places us in that dreadful dilemma, when we can live neither without it nor with it,—when *Mephistophiles* has thrown off the mask, and the exorcisor has become the tormentor.

The general cheerfulness, which strikes every stranger on entering the well-filled dining-room at Gräfenberg, and other places of the same kind, contrasted as it is with what is seen in the public hos-

pital, or the private sick-room, is explicable by causes which would seem, at first sight, to preclude its manifestation, under circumstances often accompanied with considerable suffering. "Gout, rheumatism, and the stone," says Cabanis, "produce occasionally severe suffering; but, in point of fact, they are salutary crises and demonstrate the energies of vital action. When the two former are enabled to pass through their regular stages, when, I mean, their causes tend toward the extremities, and are not driven back on the internal organs; when the last is eliminated, in the form of light sand, as fast as it is secreted, nature, satisfied at having driven out her enemy, often tempers the most acute pains with a sensation of well-being, which manifests itself in mental vivacity, benevolent affections and gaiety." Such is the picture of what is to be found in hydropic establishments. What follows, is too often an equally faithful representation of patients under a different mode of treatment; I need not transfer it to these pages. It paints the torments of mind under that pressure which follows a forced deviation of the disease from its natural channel. I would merely add, that this sort of hilarity is not confined to arthritic and calculous complaints. It will doubtless be urged, that the fact is exaggerated, and the explanation erroneous. For the first, there is the concurrent testimony of not a few spectators; the other, is submitted to less incompetent and more impartial judges than myself.

It cannot be affirmed, that the first shock from a shower bath or a douche is particularly agreeable; yet the repugnance we feel when we approach them, owes its chief force to the imagination, and is counterbalanced by that immediate exhilaration which invigorated vitality imparts to the mind. Drugs have, in this respect, no superiority to boast of; they can promise exemption neither from repulsive anticipations, nor from disgusting recollections. He who has chewed the cud of castor or croton oil, will be pleased to hear that no importunate reminiscences are inflicted by our drops and draughts on his gustatories or his olfactories. It may seem hard, though wisely ordained, that we cannot enjoy remedies as we enjoy luxuries; or get out of the aversus of disease as comfortably as we descend into it. The same benevolent purpose might, perhaps, be answered, if the natural order were reversed—if what destroyed health gave us pain, and what restored it gave us pleasure; the

senses would then be indulged no further than the point of separation between the delight of the moment, and the anguish of the future; and we should be spared many a shrug at the old medicine, and many a shiver at the new. But we must take things as we find them, till we are wise enough to improve them. In the meantime, let us not add to the guilt of moral cowardice when temptation assails us, the want of moral courage when relief is at hand.

Diversified as are the remedies applied to the functional disorders which are incidental to the same organs in man, whatever be the place of his abode, the effects are of such a character, that the discrepancies of mortality, observable among nations, are usually attributed to other causes, than those connected with the respective modes of treating diseases. It may, in like manner, be remarked, that society advances under almost every variety of political and commercial experiment. There seems, indeed, to be a sort of vis medicatrix inherent, as well in the collective as the individual body, and that in each, the organisation is so constructed, as to contain within itself, both the seeds of its derangement, and the sources of its renovation. I use the term vis medicatrix, to denote what Dr. Currie calls "the process by which nature extricates itself from an acrimony which the system had imbibed." However difficult it would be so to define this and similar expressions: "vital principle," "morbific matter," "re-action," &c. as to convey to the mind a perfect idea of the thing referred to, yet an ultimate fact—a postulate acquiesced in by general consent,—is described with sufficient accuracy to be practicably comprehended. Analogous expressions, suggestive of fewer accessory ideas, do but remove to a further point, that impassable barrier which stands between the limited faculties of the creature, and the infinite power of the Creator. We may approximate, but we can never reach this subtle object of our research.

Like following life in creatures we dissect,
We lose it in the moment we detect.

Objections to these and similar terms, if admitted to be valid, till they are answered satisfactorily to those who make them, would confine discussion to a very narrow circle. We all know what is meant by "First Cause." Yet the phrase is no more fitted to convey an idea, if it were possible, of the Almighty Being, to which it is uni-

versally applied, than what exists in Time can represent what exists in Eternity. What we call causes are preceding effects, and necessarily created, in any sense that does not imply self-existence. As the term "sudorific" when applied to cold water, is opposed to what we call our experience; and as we usually treat the novelty, we are daily in search of, in strict conformity with its relation to our preconceptions, I must endeavour to disarm hostility by hunting for authorities; and will, therefore, adduce one that I hit upon one day at a medical friend's, by a kind of sortes æsculapianæ. "We are possessed of no physical agent, as far as my experience has taught me (not excepting even blood-letting in acute inflammation) by which the functions of the animal economy are controlled with so much certainty, safety and promptitude, as by the application of cold water to the skin, under the augmented heat of scarlatina and of some other fevers. This expedient combines in itself, all the medicinal properties which are indicated in this state of disease, and which we should scarcely à priori expect it to possess: for it is not only the most effectual *febrifuge*, but it is in fact the only *sudorific* and anodyne which will not disappoint the expectations of the practitioner under these circumstances."—*Bateman on Cutaneous Diseases*, p. 81. If it were not for the wholesome respect which is due to those profound maxims derived from venerable antiquity "ne sutor ultra crepidam" "cuilibet credendum in suâ arte," and some others of the same genus, one might venture to ask, whether the sudorific qualities of cold water are confined to scarlatina; and why the affinities which exist between certain conditions of animal life and external agents should be of such a nature as to be friendly in some instances and repulsive in every other; whether the causes of the phenomena we are considering from such different points of view, are to be sought in the water, the disease, or the organs with which they come into contact; and whether it would not be equally philosophic, and not much more presumptuous, to widen the range of this definition, and by ascribing to the conjoint operation of the three, that sudorific stimulus which scarlatina obeys with such docility, admit a few more diseases to the benefit of this exhilarating menstruum.

"About this time," says Dr. Hamilton in his *History of Medicine*:—"The use of cold water began to come into vogue; a work

in favour of this practice was published by Dr. Hancocke, under the title of *Febrifugum Magnum*; besides which, in 1726, an anonymous pamphlet of nearly 300 pages appeared, recommending an extension of Dr. Hancocke's plan to other complaints, as phrenitis, melancholy, &c. In phrenitis the author recommends confining the patient to it almost entirely for his drink, washing the head, &c. He recommends a trial of the *diaphoretic properties* of cold water, advising, &c. The reason he assigns for giving cold water immediately on coming out of the cold bath, is, "because we find all people after bathing, as soon as they put on their clothes, are *inclined to a breathing sweat*." In another place, Dr. Hamilton says, "In the eighteenth century, about the same time, when Smith and Hancocke wrote in favour of it in this country, recommending it *almost as an universal remedy*, the practice was even more general, and obtained a higher reputation in Spain and Italy, appearing under the denomination of the "*Diceta aquea*" to have superseded at one time all other diet as well as medicine." It will be hardly believed, that so many precedents could be adduced for this "innovation." About the time that Dr. Floyer wrote on this subject, appeared in 1652, a pamphlet, entitled "*A Cry against a Crying Sin; or, a just complaint to the magistrates against them who have broken the statute law of God, by killing men merely for theft, manifested in a petition*," &c. The arguments here adduced against the penal code, are similar to those used afterwards by Macintosh and Romilly. In the same way, the practice of Priessnitz coincides in many points with that of Floyer. Let us hope the analogy will run on four legs; and that the friends of medical humanity will meet with the same justice as has been awarded to the enemies of judicial severity. None, it may be observed to their honour, have been more ready to point out the imperfections of their profession, than physicians themselves. "Medicine," says the *British and Foreign Medical Review*, No. 23, "is both a science and an art; a collection of principles on the one hand and of practical application of those principles on the other; as a science most imperfect, as an art most difficult;" and none have rendered more essential services to society. Bourdois de la Motte was suffered to proceed without molestation, on merely announcing his name to some highwaymen on the road in the vicinity of his residence. Would Lord Eldon, under similar cir-

circumstances, have got off *scot free*, (if the pun may be allowed) or would the Hero of Waterloo have been suffered to pass without paying toll? so much more valuable to the community is the life of the physician than that of the lawyer or of the soldier. Would our respect for medical science be lessened if it were more liberal and less sensitive? "Few diseases are now better understood than continued fever;" I am quoting from Tweedie's *System of Practical Medicine*, i. 170; "Nevertheless, the treatment which has been pursued, and to appearance, with good effect, is as diversified as may well be imagined. This physician has trusted to blood-letting: that to local evacuation of blood: one to diaphoretics and sudorifics: another, &c., some rely on mercury, &c., a few on the cold affusion; and not a few upon nature. A cursory survey of these singular discrepancies, has led sceptics and the whimsical to deny the value of any treatment beyond a confident reliance in nature's efforts, together with fresh air, and the moderate use of laxatives; nor are there wanting practitioners to undervalue the usefulness of these simple adjuncts." In these cases, the difficulty of the art seems to increase, as the imperfection of the science diminishes. The writer shares in the inconsistency he censures. He calls those whimsical who rely on nature's efforts, aided by a few artificial auxiliaries, and yet not only admits their usefulness, but takes for granted its general acknowledgment. While such uncertainty about principles, and such disagreement about practice, prevail amongst the initiated, who can justly be surprised that the profane seek other temples than those of the established worship?

As the hydriatic stimulus is general, while that of medicaments is local, and the organ of which the functions are to be excited, is selected by art in the one case, and left to nature in the other; we may conceive it no easy matter to employ both simultaneously, and to secure our progress by co-operation, where conflict would impede it. Here lies the chief impediment to those who would test the new method professionally and on a large scale; since it can hardly be expected that the old discipline should be sacrificed to new tactics; and what has hitherto been considered a mere auxiliary, should be permitted to take the field alone. "If this treatment be capable of general adoption," was the observation of an English physician, who had left a very distressing complaint behind him at a water estab-

lishment in Germany, "all that I have been learning is useless." A little reflection, however, would I think, have led him to a different conclusion. His acquirements in anatomical and pathological science have lost nothing of their value; and the power his physiological knowledge has given him over the infirmities of our nature, still exists to sooth the sorrows of others and soften his own. He has but to change his instruments. He has the same work to do and the same strength of hand to do it more effectually; let him still search into the mysteries of our organisation and pursue the disturbers of its healthy action through their protean forms; and the field of his usefulness will expand with the ardour of his pursuit and his sympathy for human suffering. It was fortunate for the cause of humanity that pharmacy was prohibited to Priessnitz, by the same authority that allowed him to continue a practice declared officially to be innocuous. Necessity has thus made discoveries which privilege never would have attempted; what was intended to be an exclusion, has proved to be an exemption; and the same hands that might have poisoned with drugs, now heal with cold water. This is one of the most remarkable features in the history of a discovery, which it cannot be too often repeated, bids fair to spread its blessings, without distinction of caste or climate, wherever there is susceptibility to the worst of human sufferings and employment for the best of human sympathies: whether it be the pestilence that walketh by darkness, or the sickness that destroyeth at noonday. As the government would hardly venture to condemn or countenance the new practice, without consulting those whose interests were most likely to be affected by it, and who were alone competent to estimate its tendencies, such a middle course appears to have been adopted, as promised to confine the innovation within narrow limits; and, by a shew of liberal concession, encourage an insignificant peasant without endangering an honoured profession. The event has shewn that the judges understood neither the merits of the case nor the effect of the sentence. They miscalculated both their own power and that of Priessnitz. They could not have smothered truth, and he could not have kept error alive. The blunder of a minister has effected what centuries had toiled at in vain; and a practice, which left to itself would not perhaps have long survived its ingenious founder, has been pushed into

permanent circulation by his incantious government. Priessnitz has made a large fortune, which no man can envy, and gained an immortality which warriors and statesmen may toil for in vain. May others grow rich by following his example and benefit the public by propagating imitation! monopoly-profits narrow the production of good articles, while competition-profits enlarge it.

It detracts but little from the merit of Priessnitz that he obtained the secret of his practice from an itinerant quack, and for some time imitated his gesticulations and repeated his cabalistic words. There is another peasant, within a few miles, who has long been similarly engaged, and who has cured patients dismissed incurable by Priessnitz; he is indebted to a priest, as he says Priessnitz is indebted to him, for a secret that it would be no easy matter to affiliate. The priest always said a prayer and touched the water, in which he dipped his bandages, as the other precursor, dipped his sponge. His disciple has not forgotten the spell. Similar practices were used by a man of the same class at Strasburg, many years ago at the military hospital, where his success in treating gun-shot wounds with cold water was most remarkable. These facts are not without their importance, as they point out the low state of instruction in the districts where they are found. Every one knows that superstitious observances were, in early times, connected with the art of healing, and still are so, where the popular belief renders them necessary or profitable: and this is not unreasonable, for as evil spirits are thought to afflict men, good spirits may be invoked to relieve them, and supernatural agency is thus, like Hahnemann's principle or its prototype, the spear of Achilles, employed to destroy its own work. It is of little consequence, whether Priessnitz invented or borrowed his system, and whether he has not availed himself successively of those practical hints which are never lost upon thinking men, whatever quarter they may come from. He is known to be an extremely shrewd man, reserved with men of science, and communicative where he has nothing to fear from superiority of intellect, or a disposition to do him injury. Whatever be the weakness of this extraordinary man—for such he is in the strictest sense of the word—no one who has any regard for truth can deny, that he possesses to a very eminent degree, the faculty of impressing strangers with respect, and patients with confidence; and

that he has excited in his favour that conviction of the heart, which is called enthusiasm, to an extent never before attained by any one in his rank of life : he has achieved too much indeed, to be depressed by malignity, and has done too well to be forgotten by humanity. It is all very well to say, with equal novelty and truth, that what is good in his system is not new, and what is new is not good. Priessnitz is as little likely to have heard of De Haen, though Breslau, where he played the water-witch, is within a day's journey, as of Doublet, who had acted the same part at a much earlier period, and at a greater distance. The person here alluded to, cured some soldiers with cold water, who had been wounded at the siege of Metz in 1553. Brantome calls him a surgeon, and says he used certain magical words, &c. "Durant le susdit et tant mémorable siège était en la place un chirurgien nommé Doublet; lequel faisait d'étranges cures avec du simple linge blanc et belle eau claire venant de la fontaine ou du puit; mais il s'aidait de sortilèges et paroles charmées et un chacun allait à luy." Dr. Millingen, who mentions this fact, in his *Curiosities of Medical Experience*, supposes Doublet, got the idea from a treatise by Blondi, in 1542, on the use of cold water in gun shot wounds. He thinks the use of cold water ceased with the use of miracles; and, in truth, the miracle of obtaining medical permission for such a "dangerous" practice was no longer to be looked for. It was an ingenious thought. The patient's fears and the physician's scruples were subdued by the same pious fraud; and cold water was permitted to share with supernatural agency those triumphs, which would have been denied to it alone; so true is the saying "la sauce vaut mieux que le poisson."

Important discoveries, it has been observed, are generally contemporaneous with the exigencies that require them. It would seem that evil, whether moral or physical, contains the seeds of its own destruction in its tendency to excess; and that the remedy is nearest when the disease is most violent. Protestantism was the child of superstition, and political reforms are elaborated from the corruption which they are employed to remove. Seldom has this principle been more forcibly illustrated than in the new treatment of diseases as it now prevails in Germany; a remedial method which promises, at no distant period, to become as widely diffused as the infirmities against which it has struggled with such signal success. Its intro-

duction is co-eval with a period of almost universal effeminacy and relaxation, when the prevalence of nervous excitement and debility is said to have almost created a new class of diseases, and excited in many countries an apprehension, that the degeneracy of our species, or some new epidemic might be expected. Happy is it for our fellow-man, that this invaluable discovery was made in a liberal age, and adopted by a people, less blinded by national and religious prejudices, than perhaps, any other in Europe. Scorn and contempt would have been the inevitable lot of any English peasant, who might have struck out a new path for the art of healing diseases; while wit and ridicule would have overwhelmed the Silesian boor, had "the vine-covered hills" of France given him birth. When we read or hear of the numerous visits paid to the obscure hamlet of Gräfenberg by the scientific and learned from distant parts of the continent, we are irresistibly reminded of those times, when the great instructors of succeeding ages sought among the philosophers of Egypt that information which they were too high-minded to think they needed not, and which the most exalted are ever ready to accept from the most humble.

The practice of immersing in cold water the human body when heated by natural or artificial means, needs not occasion either surprise or displeasure. It is ignorance to call it *unheard-of*, and folly to call it *unnatural*. The old Romans, like the modern Russians, as well as the Bothnians* and some of the North American

* The following is the description given of these people by Regnard, in his travels to Lapland (1681.) "As soon as we had arrived at a peasant's hut, we were surprised to find, that every body was in the baths. These, like their houses, are made of wood. In the middle is a large heap of stones, without any order, except that there is a hole in the middle, in which a fire is kindled. The heat, which is communicated from these stones to the whole place, is so much increased by throwing cold water upon them, that the air one inhales is like fire. Having entered, we were astonished on seeing girls and lads, mothers and sons, brothers and sisters, assembled without any embarrassment at the presence of a stranger. But our astonishment was still greater when we observed young women striking naked men and boys with the branch of a tree. I thought at first this was done to show that nature, however weakened by perspiration, still retained some sign of life. But I was soon undeceived, and found that these repeated blows were to open the pores, and facilitate the copious excretions, of the skin. How these people could afterwards, as soon as they had left the burning baths, throw themselves into an extremely cold river which was close to the house, I could hardly conceive, and concluded

tribes, seem to have used the cold bath, when in a profuse perspiration. In these instances, however, the warmth came from without, and not as in the Silesian mode, from within; while neither the lungs nor the skin, it may be supposed, escaped the influence of a highly heated medium. Horace says: “*Ter uncti transnanto Tiberim somno quibus opus est alto:*” meaning, probably by the word *uncti*, that the patient should go immediately from the athletic exercises then in use into the river:—“*per gramina martii campi,*”—“*per aquas volubiles,*” He seems to have thought it better to “consult” the naiads than the authorised practitioners, some of whom, it is not unlikely, were deeply engaged with Themison, to whom Juvenal has so cruelly alluded, in supplying Pluto with “subjects.”* Those intolerant dogmatists, who are to be found in the medical, as well as every other profession, would do well to attend to a maxim, which one of the most distinguished of their fraternity once uttered to a French author (Mercier)—a maxim which deserves to be recognised as an article in the *Religio Medici*:—“Our old woman’s nostrums,” said Van Swieten, are not to be rejected. “When disease or death is in question, nothing ought to be despised.” When every thing which has not been admitted into the body, is put into the index expurgatorius, of the pharmacopœia, prohibition too often becomes encouragement; Charlatanism is strengthened by the weapons employed against what is harmless or useful; and the quack retires from an unobstructed practice with his ill-earned gains, feeling for his supporters and his opponents the same gratitude and the same contempt. If our practitioners had listened as attentively to their patients as our manufacturers to their workmen, England would

they must have a strong constitution to resist the effects which this sudden transition, from heat to cold, might have produced.” The author adds, that these peasants were so poor, that their bread consisted of fish-bones calcined and mixed with the bark of a tree. Yet they enjoyed excellent health; and, he adds sarcastically, it was not extraordinary that they had no diseases as they had no physicians. It was not uncommon to meet with persons among them at the advanced age of 100—and some were to be found even 150 years old.

* Horace assures us, in another passage, that poets are particularly subject to nervous complaints—he calls them *genus irritabile*—and we can readily believe his assertion, when we remember that your true poet, according to the same authority, must shun cold water, if he wishes his verses to survive him. *Nulla valere diu, neque vivere carmina possunt,*

Quæ scribuntur aquæ potoribus.

probably have been as celebrated for medical as for mechanical improvement; and a quack would have had no more chance against a physician than a pack-horse against a rail-road, or a special messenger of the fifteenth century against a telegraph of the present. When we call to mind how many remedies are now prohibited which were once prescribed, and consider that the orthodox of the present age would have been branded as heretics by our pious forefathers—will it be thought a compliment or an insult to suppose that the water cure will have as fair a trial in England as vaccination has had in Germany—to be rejected, if fallacious, or admitted, if worthy, to the freedom of the corporation? It has, in its native country, long survived that sort of opposition, which gives life to imposture by its violence, and death by its cessation. The fanaticism of its advocates, and the bigotry of its adversaries have been softened down into something more in harmony with the temper of impartial inquiry. In the mean time, whatever appeals are made to cherished affections in morbid association with superstitious fears, and pardonable prejudices, will succeed with many who deal in second-hand opinions—for “Diana of the Ephesians” was not greater in her day, than Esculapius of the Londoners is in this; and unthinking people may be doctor-ridden as well as priest-ridden. I had hoped, from personal experience, that this subject would have been discussed by the faculty it concerns, with that good breeding and good temper which its most distinguished members have ever exhibited. Exceptions, that may point to an opposite expectation were, I trusted, to be imputed to the man and not to the physician; for there are some minds, from defect either of nature or of education inaccessible to the refinements of courtesy, and incapable of appreciating the delicate sympathies of social life. With these exceptions, I cannot for a moment doubt, that a nation of kindred habits and feelings will hear, before it strike, an untried stranger, and suspend sentence of condemnation till it has weighed evidence to character.

Innumerable as have been, from time immemorial, the fluctuations of public opinion and professional practice, with regard to the benefits to be derived from the use of cold water in treating diseases, we should scarcely be warranted in concluding from the oblivion into which the remarkable cures effected (as I shall afterwards show) by this powerful agent, especially in England, Germany and Italy,

during the early part of last century, have fallen, that the same fate impends over Priessnitz and his disciples. The spirit of the times is radically changed ; and the publicity which marks its progress, has extended its encroachments and secures its acquisitions. The day is gone by for ever, when names alone could protect institutions and authority proscribed innovations. The old order of things is yielding to social re-action, and reforms now spring up from below. We need not fear that the community is not old enough to take care of itself ; that any thing which experience has shewn to be of public benefit will be rejected by the public ; or that projects and projectors will ever suffer injustice from those who will suffer from a false judgment. How far these sanguine expectations agree with the present aspect of affairs, and what time is likely to elapse before they can approximate to reality of fulfilment, I will proceed to show by relating a few events, which seem to portend their inevitable destruction, but which are destined, I trust, to accelerate their triumph ; and first let us begin with our Gallie neighbours, as first in point both of history and of locality. It could hardly be expected that medical neologism, when it had passed the Rhine, should be suffered to take up its quarters at the seat of orthodoxy, and disseminate its pernicious doctrines among the faithful of Paris. To tolerate non-conformity would have been to endanger the venerable establishment ; and the Academy of Medicine was called upon by the Minister of the Interior, to decide how far this new sect was tainted with heretical opinions, and whether permission to open a temple for its votaries would comport with that sort of "protection" which good subjects look for to good governments, in all matters where they cannot "protect" themselves. The reply was unfavourable ; the minister's tender conscience was set at rest ; and the licence which Drs. Engel and Werther had solicited was refused. At a meeting of the Academy, August 18th, 1840, M. Roche reported from the Committee, &c. &c., the decision of that distinguished and disinterested body. Having enumerated the services which cold water had, from the earliest times, rendered to the healing art, he asked what the proposed method would add to the stock of information so slowly acquired ? Having given a sarcastic description of the theory, he proceeded to the practice of hydrotherapy. "This marvellous panacea, he exclaimed, came forth,

armed with miracles, from the head of Priessnitz,—a peasant, who, according to his disciples, was unacquainted with the terms of medicine; he combines, modifies, handles, in a thousand ways, and always with success, the simple and powerful instrument which he has put into the hands of your ungrateful profession. Why, sirs, should we assemble here, if the gift of healing diseases came to a peasant in his dreams? but praise does not establish the soundness of principles. Sec! on what facts these German physicians have based theirs. Of the two memoirs submitted to our examination, one in manuscript contains forty cases of diseases totally distinct from each other and all cured by cold water.* Few of these

* Since this work was finished my attention has been directed by my medical friend, Mr. Ure, to a work published many years back, on the Malvern waters, and to some experiments made at the Hotel Dieu, as they are recorded in the *Gazette des Hopitaux*, for April 30. The former will be seen, in whole or in part, in the Appendix.—The latter are subjoined, that the reader may judge how far the treatment may be said to have had a fair trial. If it is to be encumbered with such restrictions and combinations as are here forced upon it, its application must be confined to very few cases, and its costliness will soon condemn it to oblivion. Both were cases of paralysis, from some unknown cause. In the first, cold drinks were administered in large quantities, and cold baths with nourishing food and exercise in the air. By these means a general re-action to a high degree, accompanied with feverish symptoms, was excited. It is not stated whether the patient was sweated in blankets, though the mongrel word, hydrosudopathy employed on this occasion, seems to apply that something of the sort was used. “Hydrosudopathy,” we are told in this report, “modifies the general functions very powerfully. We see, under its influence, independently of the general feverish re-action, the formation of cutaneous eruptions,—an indication of active energy. In appreciating, however, the results of this method, we must take into consideration the difficulty of carrying it out completely in a hospital, where such indispensable auxiliaries as good diet and exercise in the open air are wanting. We hope, in spite of these obstacles, to place the patient in a better situation, and enable him to use sea baths during the fine weather, a circumstance, which will probably complete the cure. It would be a good opportunity, if such experiments could be made in a hospital to compare the hydrosudopathic method with that of training, to which the attention of physicians is at present directed. Training, applied to horses, consists, in some measure, in reducing the tendency to fat by a combination of sudorifics and purgatives, succeeded by a succulent diet and muscular exercise. This system has already been tried on human subjects. Hence it is that runners acquire a remarkable degree of agility. Every thing tends to the belief that the method of Priessnitz and that of training might lead, when such modes are clearly indicated, to very satisfactory results.” This experiment, lame and impotent as it has been designedly made, is highly satisfactory, when contrasted with the Academy’s anathema. Men do not attempt to pass bad money where there is no demand for good.

were personally known to the authors, and all are so barren of details that it is impossible to know, from the perusal, of what kind they were." Here the reporter repeated one of them and added: "It must be owned that the patients were cured; but was it not rather in spite, than in consequence, of the remedy used? You can now judge what chance of success this new method has; it comes from Germany; it has its head, its partisans, its establishments and its success: but, whatever be its fortune, you cannot think more favourably of it than we; and you must be compelled to say that it is, in its want of scientific dress, a deplorable error. We have a right to be severe, when we see the absurdity of its doctrines and the sort of patronage it has found in our medical journals: if it rested with us to answer the minister's appeal and decide upon the propriety of permitting Messrs. Engel and Werther to practise medicine in France, our answer would be, that the sacred title of Physician among us is granted, but on conditions from which none can be exempted, without danger to the interests of society. We have not the slightest apprehension that the talents of distinguished men will thus be lost to our country; for we know that no man of that class is a voluntary exile from the place of his birth, where a sufficient remuneration for his toil is to be had. The presents which Germany has made within the last sixty years, to French Medicine, are not of such a nature, that we should wish to grant the privilege of a French physician to its natives. Her first present was Mesmer!—her last was Hahnemann! As we cannot give an official answer to the minister, we will say to him:—

1. That hydrotherapy is a dangerous therapeutic and is unsupported by facts.
2. That its theory is chimeric.
3. That it is opposed to all we know of physiology and pathology.
4. That the Academy cannot approve of it in any manner whatever.
5. That the use of cold water has long been known to medicine, and subject to fixed rules."

The Academy, in the plenitude of its wisdom, adopted the Report; and I have inserted it here at full length, for the lovers of good taste, good logic, and good breeding. It is hardly worth while to make any comment upon this singular document: I would, however, observe, that M. Roehle, or rather those who appointed him as their organ, forgot, while venting the superabundance of their

excited bile, that the sneers, thus indulged in against two unoffending strangers, conveyed a gratuitous and a direct insult against every foreigner, whatever his calling, then resident at Paris; for, if a physician leaves his patients because his patients leave him, and absence from home be a presumption of demerit, what occupation can secure an alien from the humiliating contempt of vulgar minds? What too are we to think of those nations among whom Frenchmen are following their professional pursuits, with respect and honour? Those who have reached the pinnacle of fame in London would not it seems have surmounted its base in their native Paris. What giants must there be in France, if Brunel and Heurteloup would have been pigmies in their own country! How far Germany's claims upon Europe's gratitude may be affected by the faults or follies of Mesmer or of Hahnemann is hardly within the jurisdiction of the French Academy of Medicine. The Roman physicians, when they drove Galen out of a city which had afterwards good reason to repent of its folly, were doubtless as solicitous to "protect" the interests of their fellow-citizens, as M. Roche, from foreign quacks; and the same sneers with which the German "adventurers" have been greeted in modern Rome were, we may be sure, as lavishly bestowed upon the "*Groeculus esuriens*" of the old. Where are now the detractors of that great man? and where would M. Roche be, if petulant personality did not pass for wit, and the world's good opinion were bestowed with equity and discrimination? This document is most disgraceful to the learned society from which it emanated, and totally worthless as an authority, with any man who is honest enough to give an opinion to others, or acute enough to form one for himself. When judges become interested advocates, and passionate accusers get into the jury box, we need not ask what will be the verdict? In pronouncing his acquittal, the Academy would have pronounced their own uselessness; and his condemnation was their safety. To have acknowledged the justice of his claims, would indeed have been beyond the reach of human virtue; for the dilemma, in which this mock sublimity had placed them, involved a contingency of self-abandonment that no corporate body ever voluntarily submitted to. "If this man's tale be true, our occupation's gone for ever." As for M. Roche, his praise and his censure will be alike forgotten long before the equalizing wheel of

fortune shall have completed its periodical gyrations, when *his* descendants will be despised peasants, and those of Priessnitz diplomatised doctors.

We have seen to what sort of people "the sacred title of physician" has been refused; let us now see to whom it is granted by the guardians of the public health among our polite neighbours; and whether the lectures of the authorised teachers, are more likely to make their office the sinecure they dread so much, than the dreams of a peasant. The following is a full length picture of them by an artist of their own school—a solemn sentence pronounced by one of the Quorum. "Every unprejudiced observer of Parisian practice must have seen the evil consequences of the excessive application of leeches to the abdomen, conjoined with too strict a diet. The least tenderness of the epigastrium under rough pressure has often been held an imperative reason for applying numerous leeches; and the superficial tenderness being found to be increased the next day, their repetition has followed again and again, whilst gum-water and starvation did the rest. Much complacency was indulged in the contemplation of the march of maladies; and, if death did not follow, the patient was regarded as one who had defrauded the zealous pupils of a dissection. But patients seldom escaped with life; and beds were emptied, especially in the children's hospital, with a frightful rapidity. We speak of what we have seen, and the mortality of the wards at the time to which we refer, affords horrible confirmation of these impressions. On the other hand, if no tenderness was found on pressure, and if the chest presented no morbid indications, the followers of Broussais, of whom there were many who denied the name, appeared incapable of recognising a simple fever. It could not be a simple fever; for their master derided the notion of such essentialities; it was, therefore, after a second exploration, set down as an imaginary malady. The unsteady step, the oppressed countenance, the loaded tongue, the quickened pulse were disregarded. There was no thoracic abdominal inflammation; nothing could be localized—it was an imagination. But fever held on its natural course, despite of theories untrue to nature, and, in a few days, the tongue grew darker, the brain was deeply disturbed, the hands trembled, and the Broussaian exclaimed, with an air of discovery, that the patient was afflicted with '*fièvre grave*'—a sen-

tence which death very soon confirmed. So true is it, that *whatever madness effects the leaders of medicine, it is the patients who suffer*. The exclusive theorist walks proudly round the wards, and behind him, "mocking his state," is the figure death who alone gains by the errors of human conceit in medicine. Such errors were openly committed by the admirers of the great physiologist. Other errors were committed, as of old, by his opponents, who continued to treat debility in fever as an entity, to be combated by tonics and stimulants. It was lamentable to perceive how few were free from the folly of seeing nothing but debility or nothing but inflammation. Some few, however, there were, who endeavoured to fix upon the truth, which lay betwixt the contending parties; and they shared the abuse of both. The old school blamed their rashness; the Broussaïans pitied their timidity; the old school lamented their proneness to innovation; the new deplored their attachment to exploded prejudices. The sagacious few were denominated eclectics, and their ranks appear to have gradually diminished."—*British and Foreign Medical Review*, April, 1837.

More than two years ago there were, I was informed on good authority, 10,000 registered cases treated on the cold water principle. There are now about a hundred establishments on the Continent, chiefly conducted by regularly educated physicians, some of them under the immediate appointment or sanction of their respective governments, and all inviting inquiry from the profession and from the public, into proceedings which present not one single feature of that unreprieved quackery so common and so revolting in this country. If half the destruction of life, as must have taken place in Paris, however highly coloured the picture here drawn by an eye-witness may be, had occurred in any one of these institutions, is it consistent with the common chances of human folly and wickedness, that the cold water doctors should have escaped the avenging scourge of public indignation? Let it not be supposed that this severity of rebuke savours of national prejudice. It has fallen in a minor degree on the English practitioner. "It cannot be wondered at," says the same Review, October 1836, on Dr. Latham's work on clinical medicine, "that even at this day, with all the advantages of clinical teachers, the practice of physic should be so singularly unscientific; and, that imperfect diagnosis, excessive bleedings, and the extravagant

administration of purgative medicines, should be so characteristic of English medicine;" and again, "with many practitioners every pain is an inflammation, every palpitation a disease of the heart, every form of difficult breathing an asthma or a dropsy; whilst a large proportion of obscure diseases are ascribed on small grounds to some undefined state of the stomach. The debility attendant on fever is, we know, still not unfrequently treated by tonics or stimulants; and numerous organic diseases are decided as nervous and exasperated by tonics from the mineral kingdom. We speak of things which we daily witness; and the effect on our minds is, the growing up of a belief, to which every year adds strength, that *not a few invalids are annually destroyed by mal-practices, for which, if there is no moral excuse, there is unfortunately no legal punishment.*" This is certainly a sweeping charge, and not more impartial in its inflictions than the sarcastic declaration of Dr. Billing, as he is quoted in the same journal. (January, 1838.) "I visited," he says, "the different schools; and the students of each hinted, if they did not assert, that the other sects killed their patients, I found that, provided the physician of each was a man of talent and experience, *the mortality was fairly balanced.*"

"How comes it," asks a writer in the *Medico-Chirurgical Review*, for April, 1842, p. 499, "how comes it, that not a year passes but some work comes out, questioning or positively contradicting the facts and reasonings of a production of the preceding one? Are we in truth at all more successful in the treatment of some of the most common and fatal diseases than were our predecessors fifty or sixty years ago? Is the treatment of typhus fever, for example, better understood than it was in the days of Cullen and Pitcairn? or rather, have we not, after trying a variety of new fangled experiments of our own, been of late returning to the principles and precepts of these and such-like men?"—"Mistakes of this sort" (in renal and pulmonary diseases) "are of daily occurrence, and are, alas! sometimes attended with fatal consequences. We blame not the stethoscope, &c., but we certainly attach a great deal of the blame to the prevailing character of medical writings and medical lectures in the present day. They are almost all calculated to exaggerate the importance of one set of symptoms, or of one mode of treatment, and are, therefore, greatly deficient in those philosophic and compre-

hensive views of disease which pervade the writings of the preceding generation." Who can wonder, then, that the signs of a medical revolution are every where to be seen? "A considerable portion of the public," says the same journal, "are labouring under a prejudice which is daily gaining ground, namely, that the present system of polypharmacy is injurious more frequently than beneficial." This prejudice is not likely to yield to sounder views of the public good, if we may judge from what follows:—"It behoves the general practitioner, as we have often remarked, to change, as soon as possible, the mode of charging for medicines instead of attendance. If they do not adopt this plan, immediately that it is legalized by the pending bill, they will commit professional suicide." This plan of charging for visits instead of vials is excellent; and, if extended, *mutatis mutandis*, to the other learned professions, would improve our national manners, and make us a very neighbourly, sociable, sort of people.

Broussais's blood-stained mantle has been caught up by his survivors, and is not preserved for mere ornament on either side of the channel. From what Dr. Reid has left upon record, it is any thing but a lapsed legacy. "Less slaughter, I am convinced," says Dr. R., in his work on hypochondriasis, "has been effected by the sword than by the lancet;—that minute instrument of mighty mischief."*

* When the priests ceased to be surgeons and refused to be executioners, the decision of the church was set at naught, and innocent blood was shed in torrents. At the council of Tours, in 1163, monks and priests (for the church at that time had the care of bodies as well as of souls) were prohibited from bleeding their patients, or employing any remedy which occasioned loss of blood to the sick, on the principle that "*Ecclesia abhorret à sanguine*," a maxim applied afterwards to a very different purpose. To the division of labour, that ensued, is the progress of each branch of the old profession to be ascribed; and that reformation which has purified the one seems likely to visit the other. The way in which old sayings and usages are perverted from their original object is very curious. There is one that strikes me at the moment, and I will take the liberty of transferring it to these pages, as it is probably new to many, and may serve to explain why certain odd fish are to be found in certain churches and chapels, and why certain persons who frequent them, have become ichthyophagi—to the great joy of ladies who possess stalls at Billingsgate, or estates in Scotland. The early Christians, according to the *Ausland*, for 15th May, 1841, afraid, from the persecutions to which they were exposed, of using the word ΧΡΙΣΤΟΣ substituted the appellation ΙΧΘΥΣ (from the initials *Ιησος Χριστος Θεου Υιος Σωτηρ*.) On many Christian monuments was carved the rude emblem of a fish, which was subsequently changed

He had before observed, "of the cases of mortality in the earlier months of our existence, no small proportion consists of those who have sunk under the oppression of pharmaceutical filth. More infantile subjects in this metropolis are, perhaps, diurnally destroyed by the mortar and pestle, than in the ancient Bethlehem fell victims in one day to the Herodian massacre." This is "going the whole hog," with a vengeance. The writer, however, like certain unsophisticated Yankees, who find slavery, when they get used to it, less black than it is painted, discovered that medicine was not "a monster of so foul a mien" as he had imagined before he grew "familiar with her face." He sings his palinodia, therefore, in the following strain, "I plead guilty to the charge of rashness and hyperbole, which were brought against this remark when first published; but I wish that the years of experience and reflection, which have since intervened, had convinced me that the remark was destitute of foundation. When we contemplate a church-yard, the earth of which is composed, in a great measure, of the bodies of infants, it is natural for us to fancy, but surely it is not reasonable for us to believe, that those beings were born for no other purpose than to die: or that it is within the design of nature that the pangs of production on the part of the mother should, on that of the offspring, be almost immediately succeeded by the struggle of dissolution. Fault must exist somewhere; it cannot be in the providence of God; it must therefore attach to the improvidence and indiscretion of man. Consequences as fatal originate from ignorance as from crime. Infanticide, when perpetrated under the impulse of maternal desperation, or in the agony of anticipated disgrace, is a subject of astonishment and horror; but if a helpless victim be *drugged* to death, or poisoned by the forced ingurgitation of nauseous and essentially noxious potions, we lament the result, merely without thinking about the means which inevitably led to its occurrence. Conscience feels little concern in cases of medicinal murder. The too ordinary habit of jesting upon these subjects in convivial or familiar conversation has an unhappy tendency to harden the heart, and inclines us to regard with an inhuman levity those dark and horrible

into a cross, by attenuating the body and placing the fins at right angles. The fish fell into disuse about the fifth century; leaving posterity to make the same sort of mistake here that it has done in the supposed initials, I H S.

catastrophes which too frequently arise from professional ignorance or mistake."

As M. Roche acknowledges on the part of his constituents, that cold water has long been known as a therapeutic, and has not attempted to shew that it formerly was, or is now likely to be, more destructive of life than any other, there must be some reason for the hostility he has exhibited with such marvellous want of tact; and we shall probably hit upon it in turning to the adhesion,—he complains it has found among some of his brethren, or in considering the "total abstinence" from all medicaments, which he very candidly owns, would, in case of its general adoption, neutralise no small portion of his scientific lucubrations, and give to his laudable zeal for the public good, a direction somewhat diverging from the present avenues to the "cheap rewards" of fame. We shall see presently that his sly hit at the hydrophilists of his fraternity has lost nothing in poignancy, when directed with the increased strength it has borrowed, in the interim, from an English pen. Let us then inquire what sort of thing these sacred medicaments are; the sources of which are threatened by the withering wand of a dreaming rustic,—the divining-rod of a water-wizard. The following "untoward" event is to be found in the *Medical Quarterly Review*, vol. iv. p. 307, "M. Majendie narrates a lamentable occurrence which took place some years since in a Parisian hospital. Our author's hydrocyanic syrup is the only one commonly used; but in the hospital, the hydrocyanic syrup of the codex is employed, which is very much stronger. Seven epileptic patients took, at the same time, about two drachms and six grains of the hydrocyanic syrup of the codex, and in three-quarters of an hour they were no more. The moral which our author draws from this frightful occurrence is, that every body ought to use his syrup; whereas we would suggest that every doctor ought to be ultimately acquainted with the codex." Is there not also another moral, which arises spontaneously in the breast of every man, whose heart is not deadened to the commonest feelings of humanity? Does it not tell him in the plainest language, that no suggestion which holds out a hope, however small or remote, of dispensing with the use of such deadly poisons, should be lightly and superciliously rejected by those to whom is entrusted the care of a nation's health? Is there never to be a limit to that sort of race

which is run by the jaded appetites in the sick for new medicaments, and the unwearied searchers of adaptation between the organic elements of matter, and the irritability of vital functions? these mistakes, however, numerous as they are in every country, are not to be imputed as a crime, where they are the most felt as a misfortune; but there are others which have not the same excuse, even if they could be classed under the same name.

“There is a bad practice in the retail trade, which,” (meaning the practice, though the proper antecedent might be found nearer:)—“is well worthy of the serious attention of the profession, and one which ought not to have been disregarded by the college, of selling various substitutes for this syrup (of poppies,) one is prepared with laudanum and treacle; another with extract of poppies in syrup; and both made of inferior narcotic strength to the preceding. Now, let the dispensing chemist mark the consequence; numerous fatal cases have occurred, in which mothers, who had been in the habit of being supplied with the spurious syrup, have casually applied to houses, where the syrup is prepared by the college formula; and having administered a tea-spoonful of this last to their fretful children, or perhaps a second, just as they were wont to do with the weaker remedy, it has induced narcosis; and death has ensued in a few hours. The editor has himself attended inquests of this nature, and he appeals to the Coroners of London, whether a year elapses without similar occurrences. *The intention of the dispensing chemist in making a weaker article is praiseworthy;* for, knowing that mothers habitually exhibit it to their children, he is afraid to sell them the stronger syrup.” (The chemists, who have not time to warn their thoughtless customers, cannot have time to thank their charitable censor.) “Thus the parent is deceived in her estimation of the dose, and the deception is fatal. These errors too are likely to occur among practitioners themselves; for, if they consult the popular works on pharmacy, they will meet with evidence the most discrepant. By one popular author, an ounce of the syrup is stated to be equivalent to a grain of opium; by another, half-an-ounce; by another, three drachms; by another, two drachms.”—Dr. Collier’s *New Pharmacopæia*. It is probably the same benevolent caution that inspires the milkman when he pulls at the “white cow.” He knows that good milk, like good syrup, is not good for “fretful” chil-

dren; and, preferring the love of praiseworthiness to the love of praise, mixes a little water with the commodity he deals in; and, with equal regard for the health and the purse of his customers, gives them a "weaker article" at a lower price. In another place, it is confidentially whispered that "the pil. saponis cum opio, are now called pil. saponis com; probably for the sake of concealing the active drug from patients who *pry into prescriptions*."

The nature of "active drugs" may be "concealed" from those who give, as well as from those who take them, without "prying into prescriptions." At the meeting of the Westminster Medical Society, 26th February, 1842, the president, Dr. Golding Bird, "observed, that he had been so long in the habit of *giving lead with impunity*, that he should almost have doubted the fact of its *being a poison*, had he not met with two cases of children who had been poisoned by it. One of these children had a bruised knee, to which some goulard water had been applied, and the bottle containing it being labelled as "mushroom ketchup," the children very soon finished it between them." We may presume that the ketchup finished the children too. The doctor is almost as felicitous in his simplicity, as Moliere's cockney. The one could not have been more unconscious of talking prose, than the other of giving poison, all his life without knowing it. Accidents of this kind are by no means uncommon; and many a family has been suddenly overwhelmed with the most afflicting bereavement by the ignorance of a servant, the carelessness of a shop boy, or the blunders of a nurse. The new method has no such sins to answer for. The instrument it uses is as clear from the guilt of such heart-rending calamities as the "heaven reflected from its face."

When we reflect upon the vast number of substances, in their organised or elementary forms, which the progress of scientific discovery has placed at the disposal of pharmacy, and the eagerness, with which their sedative or stimulant qualities are brought to bear upon the springs of our living machinery, we have little reason to be surprised at the increasing amount of "therapeutical" experiments which carry the promise of wealth or fame in their "adaptation" to its infirmities.

Let it be remembered, however, that the more costly are these benevolent toils, the less is the chance of their fruits arriving in a

state of unmixed purity at the place of their ultimate decision. The excess of profit to be made by adulteration, above the market price, determines that doctrine of chances to which the consumer of every vendible article is compelled to submit; and the scruples of conscience are but as dust in the balance against the preponderating weight of lucre. Pharmaceutical ingenuity is thus equally sharpened by success and failure. Its splendid "exhibitions" invite emulation; and its baffled applications make new work for the practitioner. Disease bears some resemblance to the slave-trade: it is more indebted to its enemies than to its friends, and increases with the means employed for its suppression. According to the *Medical Quarterly Review*, the alkaloid, called veratrina, costs eighteen shillings a drachm, or six guineas an ounce. How is it possible to prevent the adulteration of such expensive drugs?

The patient, it seems should "open his mouth and shut his eyes, and see what" the doctor "will send him;" or he will lose a great part of that amusement which Dr. Reid very ingeniously and kindly prepared for the sick man. "In appreciating the value of a pharmaceutical course, we ought not to overlook its use in affording a certain degree of interest and occupation to the mind of a valetudinarian. In the absence of every other diversion, even the swallowing of physic may be the source of amusement. The times for taking the different draughts or doses are so many epochs in the chronology of an hypochondriac; which, by dividing, help to conquer the tedium of his day." Again, "a physician or a drug may operate beneficially for a certain time, but a too long continued use is apt to destroy the utility of either."—*Reid on Hypochondriasis*. It is satisfactory to know, that we can never "stale the infinite variety" of medical preparations—while disease "omnia transformat sese in miracula rerum." Pharmacy pursues it through all its windings, and converts "mortal poisons" and "deleterious substances" into a "valuable remedy" for its violence.

Quoniam variant morbi, variabimus artes,
Mille mali facies—mille salutis erunt.

for it is comfort to the afflicted to read in this author that "there is a soul of goodness in things evil" and "whatever is best administered is best."

It is of little consequence how far drugs are adulterated in Paris;

that they are so here to a very great degree is certain—and perhaps it were better that they were still less to be depended upon; that we might be led, by having bad medicine, to do what Priessnitz was led to do by having none. “To make therapeutical experiments conclusive,” says the *British and Foreign Medical Review*, January, 1838, “we must have calm observers, not anxious to catch a little fleeting fame by magnifying the merits of a new compound; and, as another preliminary, of small dignity but vast importance, we *must have authentic drugs*. Unless our information is very incorrect, *there are not many prescriptions faithfully prepared in the British dominions*. We believe there is scarcely a medicine, however simple, which the chemist’s art cannot imitate in cheap and base material. There are many industrious “commercial gentlemen” in the chemical line, whose section of the business it is to supply the materials of adulteration to the brewer, the baker, and the retailer of drugs: and yet we eat and drink with indifference; and physicians prescribe with calm satisfaction. We fear these evils will be proof even against the numerical method; for so long as factitious drugs are given, there are no credible therapeutics to be counted, *and the medical treatment of diseases is overlaid with fallacies.*”

Why do bakers and grocers and wine merchants adulterate the articles in which they deal, or get them, perhaps unconsciously, adulterated from others? Simply because they must make the same profits as their less scrupulous rivals? And are druggists, who are so tender of a customer’s constitution, exempt from this law of competition? One must have studied human society to very little purpose who can feel surprise at what is the natural course of events. When we see men who boast of their freedom, robbing others of their natural rights, without the slightest visitings of shame or remorse—for the sake of a few paltry dollars; others, who talk about religion keeping their brother Christians in bondage—to swell the list of their Moravian missions; or, by taking shares in Florida Loans and Brazilian Mining Companies, deriving an infamous and a large profit from that very system of slavery they profess to abhor, and give a few shillings to put down, while others advance capital to slave traders: why should we be astonished, that men without any feeling of honour or conscience, should turn what they think an honest penny by practices neither so disgraceful to themselves nor so injurious to

society? It is true, that as long as the foreign ingredients in what we eat and drink are innocuous, the fraud is of little consequence: not so, however, with medicine, if its efficacy depends either on its quality or its quantity; and, if it does not, a draft upon Aldgate pump, is as likely to do us good as a draught from Apothecaries' Hall. Even if we are sure that the drugs are unadulterated, we are not sure that the patient will take them. Esquirol mentions, in his work on mental diseases, a case of epilepsy, supposed to have been cured by nitrate of silver, for which the patient had substituted a specific recommended to her for another purpose. This had been concealed from the attendant physician, whom, as he had been kind to her, she did not wish to vex. "This, among a thousand instances, shews," observes Esquirol, "how little confidence we can have in the effects of medicaments, particularly in nervous complaints." The good doctor says nothing of the "little confidence" nervous patients are likely to feel in drugs, when they see such ludicrous pictures of those who deal in them, as one which has been drawn by a coarse, but apparently a correct hand, in the *Medical Quarterly Review*. "The middle classes can pay but middling prices; and if we wish Oxford Street and Tottenham Court Road to have the benefit of medical advice, without swallowing barrels of pills and hogsheads of saline draughts, we must encourage a race of physicians * * * who will take plebeian silver instead of patrician gold, and pocket a crown piece without blushing." Again, "among the evils engendered by the junction of pharmacy and physic, with which the most uninstructed part of the public are familiar—we mean the superfluity of medicine (and very nasty medicine too) which is sent, swallowed, (?) and paid for(?). (These notes of interrogation belong to the Reviewer.) These medicines, says Gray, must in most cases, be made unpalatable, lest the patient should conceive himself to be furnished with mere slops for the sake of a charge being made. There is another monstrosity—the conversion of physic into a trade, with which the public are less acquainted, namely, the selling of a practice. This driving of sheepish patients, with sundry restive eruptions from the pen of Mr. Savine to the pen of Mr. Calomelct, is really very ludicrous, &c. Mr. Savine, for £2000, paid or promised, endows his young successor with every medical virtue under heaven: the sick swallow

the living bait and form the live-stock of the happy purchaser." As every trade and profession is in a state of hunger-creating plethora, we may conceive what shifts, and tricks, and bargains are employed to keep the sinking concoctors, and prescribers, and sellers of drugs above water. The abuses of the licensing system sink into comparative insignificance, and the bond which existed between magistrates and brewers is an innocent union in the retrospect.

In the *British and Foreign Medical Review* (I forget the number) is an article on a work by Dr. Claessen, (a German,) respecting this method. The Reviewer declares, that Priessnitz's "followers differed little from their master, save that to ignorance they added impudence, and that they content themselves with the assertion, that they have cured so many cases of pneumonia, so many of fever," &c. How far this statement is consistent with that regard for truth, which he who writes in a periodical work of reputation tacitly promises to observe, I leave to the judgment of those who have looked over the few cases here published. They are taken from one year's reports to be found in the *Water Friend*; of which I have no other numbers by me. I have confined myself to these, as I have had no opportunity in preparing this trifling work for the press, to consult those numerous publications, from which any man who deserves the name of a Reviewer may gather all the facts he may want to prove an assertion—if he really feels respect for himself or respect for his readers. I would just hint to him, that one may content one's self with "assertion" without being an advocate of the water cure; and that "impudence" may be united with assumed knowledge, just as easily as with imputed "ignorance." Is it not a breach of international comity to bestow such epithets upon men, whose sole offence is that of being friendly to "a method so little in accordance with our therapeutic proceedings;" who have enjoyed as good an education, belong to the same profession, and possess at least as high a sense of honour as their accuser? Unless our "therapeutic proceedings" admit of no improvement—and of that matter the public, if not the best, must be the ultimate judge—it would be idle to decide upon the merits of any proposed remedy by its accordance with that very thing upon the defects of which its acceptance must necessarily depend.

The Reviewer attempts to excite disgust against the water cure, by

a sarcastic allusion to the eruptions; forgetting that his own remedies are much more open to this sort of objection, and that any one who would descend to such dirty work, might find but too many sources of loathing and repugnance in the ordinary manipulations of his profession. He seems, however, to be less apprehensive of danger from one part of its application than other writers, who see death and destruction standing between the blankets and the water-tub. Beaupré, whom I have before quoted, predicts no less than fatal consequences from this "*vetitum nefas*"—evils more to be dreaded than any "*maecies*," or "*nova febrium cohors*," ever inflicted on the human race. Beaupré was a hydrophilist, but not a hydropath. The facts which made him the one would delight Priessnitz; the reasons which would have prevented his becoming the other would amuse him. I subjoin them, as they will be highly satisfactory to those who may have the good fortune to understand them. "If a slight difference be sufficient to injure, as we may every day see, what fatal consequences must attend sudden transition of the frame, heated and perspiring, into the cold temperature of the air or the bath. The disagreeable impression is accompanied by horripilation; the irritated skin contracts; the capillary extremities of the exhalants close and are obliterated; transpiration is suppressed, and shivering follows the nervous shock; the movements, that were in a very active state in the skin, are arrested and reversed; they take another direction. The perspiratory humour, it has been said, transported, as if by metastatic movement, to the organs subsequently affected, plays then the part of primary cause, or material cause, of irritation. We do not think so; the danger appears evidently to proceed from the disturbance of the fluxionary movement, which was carrying the humour to the skin, and the inconvenience that nature suffers, until she have completely re-established it, or provided a convenient temporary substitute for it. It is then more conformable to the laws of the animal economy, to re-place that obscure notion of re-percussion, or ebbing of the perspiratory humour, by that of the disturbance of the fluxionary movement, and of a concomitant nervous irritation, which is transmitted from the skin to the organs, and fixes on one or other part, according to pre-existing sympathetic relations, or on account of previous debility—that nervous irritation, propagating itself particularly to

the more sensible parts, causes various pathological phenomena.”—*Beaupré on the Effects of Cold*, &c., translated by Dr. Clendinning.

The Reviewer, though he calls hydropathy “a new chapter in the long history of imposture and incredulity,” and predicts that it “will soon be superseded by some new system of, if possible, greater pretension and greater absurdity,” yet concludes with an air of affected impartiality in direct contradiction to this peremptory condemnation, that, “if cases minutely and carefully detailed are published,” he “may return to the subject.” If he had never heard of such cases, what must we think of his diligence? if he had, what must we think of his honesty? Low, indeed, must be the art of medicine in Berlin, and Vienna, and Hamburg, when their first physicians can feel justified in sending their patients to the cold water establishments—if the picture drawn by an English Reviewer of what is passing there has the slightest resemblance to truth. It is a sad pity that Reviewers and Reporters will neither allow their professional brethren the same right of judgment they claim for themselves, nor exhibit their attachment to science by cultivating her amenities in their own conduct, and reproving her asperities in that of others. Unworthy motives can no more invalidate a good cause than angry passions recommend a bad one. Bad logic and acrimonious humour afford an unfavourable prognosis in all cases. It would be as well to bear in mind that hard names and calumnious imputations are apt to recoil and confer on the party attacked, the strength they take from the aggressor. Such arguments are well enough in legislative assemblies; but are extremely out of place where the question turns upon the “good of mankind,” not upon “party.” This sort of language is an appropriate adjunct to the right of force: the force of right needs no such auxiliary. Our cause is too good to employ, or to be hurt by, such weapons. These are not the “debates” where personalities pass for arguments, and detraction has the constructive privilege of being unanswerable.*

In the number of this Review, for January, 1840, Dr. Otto of

* The article, I have here quoted from, may be seen, in part, in the *Monthly Review* for June. It is not often that literary beggars mutilate other people's brats and pass them off as their own, as Swift facetiously says. The Editor of this respectable Journal is probably as little aware of the plagiarism thus foisted into his pages, as the majority of his readers. Does the writer call this “returning to the subject?”

Copenhagen, is said to have discontinued the use of mereury, in certain diseases, with such success, as to have induced others to follow his example. He had borrowed the idea from what he had seen in this country,—a fact mentioned by the Reviewer with that sort of self-complacency, which the reciprocity of nations allows to patriotism. Would the latter, if he were to visit the Continent, repay the compliment, and afford the same gratification to his professional brethren, by searching, in the establishments they conduct, with the permission, and frequently under the direct patronage, of their own respective governments, for facts to corroborate or refute the reports made at those places, in the treatment of this very disease, among others, not only without that powerful mineral, but without any kind of medicine whatever. What would he have said, if Otto had sneered at the English surgeons who had discarded mereury from their practice in the cases referred to? If it be praiseworthy to deviate from general usage in one instance, it can scarcely be blamable to do so in another, where similar results have followed the change. In neither case can any reference be drawn against or in favour of the method, unsupported by verified facts and unsubstantiated by competent witnesses; yet both facts and testimony are rejected by the Reviewer, in his estimate of the water-cure,—though both were to be had in abundance. Let him apply his inductive test to this as it ought to be applied to every thing empirical—whoever be the manipulator, and his decision will be more honourable to himself and less fallacious to his fraternity.

An author, quoted by this Review, makes use of the following words. “We must acknowledge that the profession is highly indebted to those who have lately introduced the non-mercurial plan of treatment. We have been released from an *inveterate and deep-rooted error*. I need not add that all the opinions and practices consequent on this prejudice, have been subverted.” If praise is due to educated men who have lessened the sum of human suffering by a generous perseverance in pursuit of a good opposed to precedent and prejudice, how mean is it to sneer at those who have arrived at the same end, unaided by the lights of science and uncheered by the hopes of fame? Surely if a remedy succeeds in unskilful hands, it has still greater chance of success, when employed by men of cultivated minds. If Hunter and Abernethy were wrong in supposing, that “mercury was the sole and indispensable remedy” for the complaint in question

Priessnitz may possibly be right in proving the contrary. Yet to have blamed the former, would at one time have been thought the highest presumption; and to praise the other, is now the lowest fanaticism. Those who are at the top of the pyramid can never do wrong, and those who are at the bottom can never do right.

There has been no lack, as may well be supposed, of anathemas and excommunications fulminated from orthodox pulpits against the daring heresiarch and his adventurous followers. The editor of the *Provincial Medical and Surgical Journal*, March 5th, 1842, treats the one with the same contempt, and the other with even more discourtesy than his French colleague. "Empirical pretensions, while they require," says this charitable censor, "to invest them with interest, some dash of that faculty by which incongruous relations are perceived, are mainly indebted for their reception by the human mind to the imaginative powers of the recipient, the surprise by which they disarm his judgment and the *expectations of personal advantage to which they give rise.*" In another place, he talks of "some establishment about to be set on foot for the *ostensible propagation* of the new doctrines, and *the personal advantage of some enterprising* disciple of the German water-doctor;" again, speaking of an article in the *Times*, on the subject, "With regard to the 'intelligent and enterprising young English practitioner,' whom the writer appears to have in his eye, it is not too much to anticipate, that such a one *may be already prepared with the requisite information,*" &c.* The object of these lines cannot be mistaken; nor can much doubt rest upon the motives which dictated them. A mere quack would have been lost in the vortex of Paris and London, and no official opposition would have given him an ephemeral reputation, or protected the public by exposing his absurdities. However the unsullied benevolence of this provincial cosmopolite may be shocked, at the connexion between

* The writer's predictions are in course of speedy fulfilment; two or three hydropathic establishments are already commenced or projected; and a superintendent who is on his way to this country, will probably make his appearance before the few printed words that announce it. To those who may wish to give this method a fair trial, I may state, in addition, that there is now a German physician in London well acquainted with its practical details. By a personal application to the publisher of this work, sufficient materials may be obtained for judging how far this reference may be deserving of that confidence, which sick persons are apt to give too precipitately and imprudently.

professional exertions and personal interests, the time has not yet arrived when men can be called upon to forego those considerations which arise from the exigencies of society or the necessities of a family. Robert Owen has not been able to persuade mankind that the co-operative would be more conducive to their welfare than the competitive principle, or that we should be better off in this world of toil, if every man consulted the good of every other, in preference to his own: as the candidates in a donkey race change places with each other, and every jockey rides his neighbour's jackass.

The writer, from whom I have extracted the passages above, quotes the following words from the Retrospective Address to the Provincial Association, last July. "Another of those extravagant delusions, which from time to time take root in the reveries of an over-heated imagination, has made its way from that country of strange and mystical conceits, Germany. I allude to the hydrotherapæia or cold water of Priessnitz. This system which rivals in absurdity its congeners, mesmerism, and homœopathy, like them, musters its thousands of credulous votaries; and, after a ten years' concoction in its native soil, originally an obscure village in Silesia, has at length attained sufficient notoriety to challenge the attention of the French Academy. By a commission of this body it has been most unequivocally condemned; and to detain you with any attempt at making known its principles, would be idle and unprofitable. It would, moreover, be altogether superfluous, as there can be little doubt, but that, before long, we shall have its professors and its disciples in sufficient abundance among ourselves." I need not add, that the audience here addressed was composed of friends to pharmacy, and the "delusion" condemned has no pharmacopœia. Let us for a moment imagine, Father Mathew on his trial before a jury of Irish distillers and Scotch brandy merchants. Would the thousands he has rescued from vice and crime, though each had the eloquence of an Erskine, or a Curran, avail to save him from an unanimous condemnation? It would be "idle and unprofitable" to waste one syllable more upon such a solemn mockery of justice; it may be thought the highest presumption thus to censure men distinguished in private life for the exercise of those virtues, which have rendered a laborious profession acceptable to the country; let it be remembered, however, that they have gone out of their way

to attack others without provocation, and have passed sentence of guilty without a trial.

I think it will be clear to those, who will investigate the subject, that the method adopted by Priessnitz, has been partially practised by the very persons who have raised such an outcry against him, and that the difference between them exists more in degree than in kind; the chief peculiarity in the proceedings of the former being the adjunction of sweating,* the disuse of medicaments and the extension of the practice to disorders never before amenable to its jurisdiction. I will extract one or two passages more from the *British and Foreign Medical Review*, and have done with this more than "thrice-told tale."

* There are certain signs and portents that the higher branches of the profession are not totally unprepared for "gradual emancipation" from their present bondage to the druggist; and that the tutelary genius of "independence" will find its way from St. Stephen's to the College of Physicians. "We could devise," such are the prophetic ejaculations of the Review so often quoted, "We could devise, from facts of this sort," (cases termed nervous) "the strongest arguments in favour of change in the present mode of remunerating medical practitioners in this country; such a change in fact, as should tempt the practitioner, on seeing his patient, to ask himself, instead of, What medicine shall I give in this case? Is it necessary to give any medicine at all?" October, 1839—a sort of explanation of the writer's meaning seems to lurk in the following: "we are happy to find so good an authority in support of a practice," (cold water internally in gastric disorders) "suggested by common sense, and of the utility of which our own experience has amply convinced us"—one would have thought it superfluous, at this day, to seek for an authority in recommendation of what common sense suggests, and experience sanctions.

If the time should ever arrive, that these monitors should persuade us to lay aside the use of medicaments, there would not necessarily be less demand for medical skill. There will ever be ample scope for tact and talent in combating disease as long as the nerves of sensation and volition are the vehicles of physical and mental disturbance. How satisfactory to the conscience that a present disease has been removed without laying the seeds of a future; that temporary relief is not followed by permanent inconvenience; and that healthy action has been restored to one organ, without taking it away from another! What a triumph will it be for common sense, when our newspapers are no longer polluted with the abominations of quack medicines which make their regular appearance on our breakfast tables for the edification of our children—in spite of the disinterested example set by *The Sun* and its "unwashed" readers. How valued will be experience when it has taught us the fallacies of pharmacy! "Will patients," says a writer in the *Medical Quarterly Review*, "regret the diminution of draughts and pills, powders and electuaries—the only means at present of giving a medical man food?"

Dr. Paris tells us of an apothecary who declared he put as many ingredients into his mixtures as he well could; for, "in shooting out many

“As an auxiliary measure in cases of yellow fever, the sedative impression of cold,” says Dr. Morton, an American physician, “has a beneficial effect, and is peculiarly grateful to the patient; iced drinks; ice applied to the head, if this organ present symptoms of disordered action, and the injection of cooling enemata into the bowels, are the modes of application.” In citing the passage from which this is taken, the Reviewer observes, that the “mercurial plan of treating yellow fever, formerly so prevalent in America as elsewhere, has given way to a more rational system;” and, as the praise is unaccompanied with exception or restriction, we may conclude, that the use of cold water in treating cases of yellow fever is not altogether irrational, and that he who should venture to wrap the whole body of his patient in a wet sheet, would not, at New Orleans, deviate much more from the present practice, than he, who first ventured to wrap the head of his patient in a wet towel, did from the former; or be less deserving of approbation, if successful, in completing a rational system, than the other for relinquishing an absurd one.

Upon Dr. Brandis’s work on the use of cold in the treatment of diseases, the Reviewer observes: “There appears to be something of novelty, at least, in the recommendation of cold bathing and affusion in rheumatism—a practice of which Dr. Brandis writes in very favourable terms.” It might be a novelty in England at that time, [1836.] It was far from being a novelty in Germany, and still further from being a mere novelty. But, as the writer says, on a different occasion, “there is no limit to the enthusiasm and laborious industry of the Germans,” and perhaps it may be rather humiliating as well as “rather odd to go to an obscure town, and to a German doctor for information.”

Neither Howard nor Currie would have thought it odd to obtain information that might afford him “the luxury of doing good,” however obscure the town in which it was to be sought, or whatever the country of him who could give it. Hydriatics may claim the inestimable honour of John Howard’s support.” “Water,” says Dr. Aikin in his biography of this martyr to humanity, “was one of his principal arrows, it is probable that some will hit.” Another gave three different kinds of draughts, one to produce heat, the other to produce cold, and the third to modify the effects of the other two. This is the “nullifying system” in practical operation: “but still the patient had to pay at least four and sixpence, for what the prescriber himself confesses could be of no service.”

pal necessities ; for he was a very mussulman in his ablutions ; and if nicety or delicacy had place with him in any respect, it was in the perfect cleanliness of his whole person." "These ablutions," adds Dr. Brown, "he regularly performed in the depth of the coldest winter, by plunging into a bath, whenever he had the opportunity of doing so, and when he had not, he would frequently lay himself down, for some considerable time, between two sheets, damped for the express purpose of communicating to his body that degree of cold, which by accidentally striking from wet linen into frames less hardy, has been the immediate cause of death. With the same view of lessening the liability to suffer from exposure to sudden damps, and to render his constitution more robust, he always remonstrated with great earnestness against the airing of linen, either for children or persons grown up in life, never suffering his own, under any circumstances, to be placed near a fire before he put it on." Dr. Brown, though no physician, would have been horror-struck, if any one had advised him when in a feverish state, to put on a wet shirt (well wrung out) and walk about, warmly and closely wrapped up, till the temperature of the body was cooled down, by evaporation, to its natural state, and to wet it again as it became dry, if necessary. Yet, nothing is less likely to do harm or more likely to do good, if the experiment be made when the digestive organs are at rest, and the surface of the body be afterwards cleansed by ablution or immersion in cold water. When thus arrested in the early stages, or more properly speaking, assisted in its development, by this simple method, a disorder, which might, if it could not find a vent, be attended with serious consequences, pass off with the slight inconvenience of an every day indisposition.

Other writers have reported of Howard, that he was accustomed to sit in wet clothes, and always refused to change them though soaked through with rain ; expressing his annoyance at those importunities, which vulgar people mistake for good-breeding. Dr. Heberden was of the same opinion with Howard as to the harmlessness of damp linen. "In England," he says in the *Medical Transactions*, vol. ii. "Few make any doubt of the great danger attending wet rooms, and damp clothes or beds. Is this opinion founded upon experience which has been suffered to grow up, and get strength merely for want of being examined ? If we inquire into the arguments in favour of this notion, we shall hardly find any

other than the random conjectures of the sick about the cause of their illness, or than their artfully substituting this origin of it instead of some other, which they are unwilling to own." Again, "I hardly know a distemper, of which at different times, I have not been told, that it was occasioned by lying in a damp bed or by sitting in a wet room; and yet I do not know any one which will certainly be produced by these causes; and people frequently expose themselves to such causes without suffering any ill-effects. * * *

It is a common practice in certain disorders to go to bed at night with the legs or arms wrapped in linen cloth soaked in Malvern water; so that the sheets will be in many places as wet as they can be; and I have known these patients and their bed-fellows receive no harm from a continuance of this practice for many months. Nor can it be said, that the Malvern water is more innocent than other water might be, on account of any ingredients with which it is impregnated; for the Malvern water is purer than that of any other springs in England, which I ever examined or heard of.

Is it the coldness of wet linen which is feared? but shirts and sheets, colder than any unfrozen water can be, are safely worn and lain in by many persons, who, during a hard frost neither warm their beds nor their shirts. Or does the danger lie in the dampness? But then how comes it to pass that a warm or cold bath and long fomentations, can be used without the destruction of those that use them? Or is it from both together? Yet we have long heard of the thickness and continuance of the cold fogs in the north-west of England; but have never yet been told of any certain ill effect which they have upon those who live in them."

There died some years ago in Scotland, a man, whose habits resembled Howard's in this respect. He was used, according to the description given of him by the papers, which recorded his death, to sprinkle the inside of his bed with cold water, before he retired to rest: whether with the view of removing any unhealthy feelings he might have had at the time, or merely to enjoy the agreeable sensations which an increased action of the skin and of the small vessels, resulting from the contact of wet sheets with its surface, had occasioned, is not stated. He lived, if I recollect rightly, to an advanced age, and enjoyed good health.

John Howard had seen, during the course of his benevolent mis-

sions, several instances of the influence exercised by cold water over the progress of disease. He was told, when at the county jail in Hertfordshire, of a prisoner, who, on being pumped upon in the yard, when in a state of apparent death from the jail fever, recovered, and he declared afterwards, that he had known other instances of the same kind. Considering that Howard was subject to chronic complaints, and that in all probability his turning to good account the hints thus offered to his notice, kept them in subjection, the world has reason to be thankful, that he, whose ear was never deaf to the sufferings of others, had his eyes ever open to receive instruction. When in Turkey, a young man in one of the prisons was shewn to him, who had been bastinadoed so severely, that his body was swollen from head to foot in a shocking manner, he desired the people to bathe him in the sea; to apply plasters of salt and vinegar to his feet; and with the addition of a cooling diet, and two doses of Glauber's salts, Dr. Brown tells us, he recovered, contrary to the expectations of his keepers; and his fame as a physician spread every where. His biographer tells us, that "on his arrival at Scio, he visited a very convenient hospital for lepers, the only one he had ever seen; and, with his usual attention to cleanliness, persuaded the Vice-Consul to recommend the directors to add a bath for each sex." This was probably a cold bath, as Dr. Brown says, in another place, that at Galata "a fine stream of water had lately been brought into the prison by a pious Greek, as a proof of his devotion on the loss of his son." "It were well," he adds, "if superstition could always be directed into so useful a channel,"—not considering that the pious Greek might with just as much propriety have called Howard's pilgrimage a superstition; since they were seeking consolation, the one for the loss of his wife, in visiting prisons, and the other for the loss of his son, in supplying them with the means of health. "It seems probable that men did not formerly," says Howard, "entertain those absurd prejudices against the free use of water in washing themselves and their rooms which are now prevalent; for in several of the old pest-houses, I have observed the marks of a greater attention to the means of gaining plenty of water, than has been thought necessary in many of the hospitals built within these fifty years."—*Note to Howard's Work.*

That plague may be cured by cold water, is proved by a passage

in the "advertisement" to the "*Febrifugum magnum*." "I have heard of a gentleman, now a Governor in the West Indies, that travelling in Arabia, when he came to Mount Sinai, fell ill (as it proved of the plague) and finding himself extremely hot, and burnt up with thirst, first bathed, and then drank a deal of water in bed, not knowing what his distemper was. It brought out no less than four or five buboes, and he was well in a little time. His physician (who was one that belonged to the religious house on Mount Sinai,) assured him it was the plague." From another passage in the same work, it appears that the observance of professional precedent was enjoined as strictly upon our ancestors as upon ourselves, by the dread of that censure which follows its infringement. "I am sensible," says the author, "I shall expose myself to the displeasure of some and the contempt of many, and well I may expect it, when the great Sydenham speaks so often in his books, with such dread of the censure he was like to undergo, for recommending the cooling regimen in acute distempers."

This last passage may be explained by a passage in the *Life of Radcliffe*, from the *Family Library*. "In his original *Treatise upon the Small Pox*, Sydenham dwells much upon the salutary influence of cold, in those worst and most aggravated forms of that disease, which are sometimes brought on by the pernicious use of the heating and stimulating treatment then in vogue. Luckily, he observes, it occurs occasionally, that, from the preposterous application of external heat and inward cordials, the patient becomes delirious, and in a fit of frenzy, escaping from the cruel attentions of his nurse, leaps out of bed, lies exposed for many hours to the cool night air, and thus haply recovers."

To return to Howard, "I might mention," he tells us, "as an evidence of the advantage of baths in prisons, that I have known instances where persons supposed to be dead of the gaol fever, and brought out for burial on being washed with cold water, have shown signs of life and soon after recovered. Even persons with the small pox have found advantage by the cold bath. See some remarkable instances in the Appendix to Dr. Watson's Account of a Series of Experiments."—*Note to Howard's Works*, vol. i. p. 23.

In the court-yard of the jail at Liverpool, Howard observes, in speaking of a cold bath with a cruel contrivance, called the ducking stool,

attached to it,—“an use of a bath, which I dare say the legislature never thought of, when they ordered baths with a view to cleanliness, and preserving the health of prisoners,—not for the exercise of a wanton and dangerous kind of severity.” We may observe here, that as this brutal punishment was applied to keep the violent and refractory in order, we may take it for granted that the current of their blood was as little calm as their tempers; yet, it is plain no fatal results could have followed this brutal proceeding, or it would have been discontinued. As little likely is it, that an angry keeper would wait till a surgeon had felt the delinquent’s pulse previously to immersion. How comes it then that persons, who are familiar with these things, see all sorts of animals plunging every day with safety into cold water, and hear continually of shipwrecks, and accidents by flood and river, where those who escape, if they do not remain in their wet clothes, rarely if ever catch cold, as it is called; how comes it, that they feel such horror at the mere idea of a cold bath, whether in winter or in summer; and prefer dying, when in a fever, in the midst of tortures, rather than by conquering a silly superstition, accept a remedy which offers all the chances of relief that the experience of ages can give it? Had the philanthropist been spared to his country and to mankind, he would, there is good reason to believe, have tried the effects of cold water on plague, for, before he quitted England for the last time, he promised Dr. Currie to make more particular inquiries in regard to the empirical use of this remedy in this disease—in the phrenzy, attending which, some sailors at Constantinople had thrown themselves into the sea, and were said, on being taken out, to have recovered,—“a happy temerity, not imitated,” according to Dr. Russel, “by the regular practitioners.” This is the more to be lamented, as from a passage in Beaupré’s work on cold, other facts, of a similar tendency, might have been picked up in abundance by the most careless observer, all pointing to conclusions, that would seem to demand a practical experiment of what Dr. Currie would, under similar circumstances, have tried. “Volney, in his travels in Syria and Egypt, says, the water-carriers, whose clothes are always cold and moist, never take the plague. The same has been confirmed at Constantinople. From this we may argue, that washing the whole body with cold water, snow frictions often repeated, immersions in

the cold bath, particularly of salt water, might prove very advantageous, as preservative means in time of plague or other contagious disease." Why should these be used merely as *preservative* means? A passage in Bruce's travels will, perhaps, supply us with an answer. "Massuali is very unwholesome, as indeed is the whole coast of the Red Sea from Suez to Babelmandel, but more especially between the tropics. Violent fevers, called there nedad, make the principal figure in this fatal list, and generally terminate the third day in death. If the patient *survives till the fifth day*, he very often recovers by drinking water only, and throwing a quantity of cold water upon him, even in his bed, where he is permitted to lie without attempting to make him dry or change his bed till another deluge adds to the first."—*Bruce's Travels*, iv. 231.

Bruce makes no observation on the preposterous custom of waiting till the patient's strength was nearly exhausted, and expecting that nature's co-operation would be proportioned to the intensity and duration of the disease. He was so convinced, however, of the utility of this method that he put it into practice himself on some rare occasions. Whether he observed the canonical rules, and suffered the enemy to remain master of the field for four days, we are not informed. That he did not venture, however, to deviate from the established usage, may be inferred from what follows, a passage that shows but too clearly how much in this case, as in so many others, humanity has suffered from too strict an adherence to precedent, and too sensitive an apprehension of ridicule. One would think that cold water is called "dangerous," because it is not to be used till the patient is in danger, as the friend of our infancy was called *Jack the Giant Killer*, because he killed giants and spared dwarfs with the true magnanimity of a hero. "It appears," says Beaupré, to whom I feel under very particular obligations, "it appears that cold is useful in *proportion as the pock is confluent and threatens to become malignant*." (We all remember how we longed for little Jack when we heard these gigantic threatenings.) "When cold air and cooling drinks have failed to diminish the violence of the inflammatory systems (symptoms?) the disease is liable to assume a *bad character*. If the eruption be very abundant and difficult; if the pustules be small and pale; if the pulse be frequent and concentrated; or, if there

are *threatening convulsive symptoms*, then, says Odier, (*Man. de Med. Prat.*) *the most successful plan* is that of stretching the patient naked on the floor, and pouring over his whole body cold water from a watering pot, after which he is to be wrapped up in a woollen cloth, and put to bed; at the same time we must employ every thing calculated to revive vital action." I have seen small pox brought out by heretical hands in the early stages; it is in articulo mortis only, that the orthodox priest applies the viaticum.

After stating that bark was administered in a manner different from that in use among us, Bruce adds, in anticipation of the sneers his narrative would bring upon him at home: "I know that all this is heterodox in Europe, and contrary to the practice, because it is contrary to system. For my part, I am content to write faithfully what I carefully observed, leaving everybody afterward to follow *their own way at their own peril*." Bruce will be found, perhaps, some day, to have been as correct here in his opinion, as he is acknowledged to have been in the case of other assertions, which exposed him to no small portion of abuse and obloquy.

Sir Walter Scott was a genuine hydrophilist, "He had an amazing fondness for fords," says Mr. Skene, "and was not a little adventurous in plunging through, whatever might be the state of the flood, and this even though there happened to be a bridge in view. If it seemed possible to scramble through, he scorned to go ten yards about, and in fact preferred the ford; and it is to be remarked, that most of the heroes of his tales seem to have been endued with similar propensities,—even the White Lady of Avenel delights in the ford. He sometimes even attempted them on foot, though his lameness interfered considerably with his progress among the slipping stones. Upon one occasion of this sort I was assisting him through the Ettrick, and we had both got upon the same tottering stone in the middle of the stream, when some story about a kelpie occurring to him, he must needs stop, and tell it with his usual vivacity,—and then, laughing heartily at his own joke, he slipped his foot, or the stone shuffled beneath him, and down he went headlong into the pool, pulling me after him. We escaped, however, with no worse than a thorough drenching, and the loss of his stick, which floated down the river, and he was as ready as ever for a similar exploit before his clothes were half dried upon his back."

The great novelist may be considered, if we may judge from certain expressions in his letters, rather more inclined to scepticism in matters of established practice than comports with that prostration of judgment and docility of faith so requisite in all true believers. "I have been very unwell," he writes to Lord Montagu in 1819, "from a visitation of my old enemy the cramp in my stomach, &c. Unfortunately, the opiates which the medical people think indispensable to relieve spasms, bring on a habit of body which has to be counteracted by medicines of a different tendency, so as to produce a most disagreeable see-saw—a kind of pull-devil, pull-baker contention, the field of battle being my unfortunate præcordia." Again, in a letter to Mr. Southey—"I have been seized with one or two successive *crises* of my cruel malady, lasting in the utmost anguish from eight to ten hours. If I had not the strength of a team of horses I could never have fought through it, and through the heavy fire of medical artillery, scarce less exhausting—for bleeding, blistering, calomel and ipecacuanha has gone on without intermission—while, during the agony of the spasms, laudanum became necessary in the most liberal doses, though inconsistent with the general treatment. I did not lose my senses, because I resolved to keep them, but I thought once or twice they would have gone overboard, top and top-gallant." In another letter, he says—"Till very lately I could have little to tell you of but distress and agony, with constant relapses into my unhappy malady, so that for weeks I seemed to lose rather than gain ground, all food nauseating on my stomach, and my clothes hanging about me like a potato-bogle [Anglice scarecrow—note by Mr. Lockhart] with from five or six to ten hours of mortal pain every third day: latterly the fits have been much milder, and have at last given way to the hot bath without any use of opiates; an immense point gained, as they hurt my general health extremely. Conceive my having taken, in the course of six or seven hours, six grains of opium, three of hyoscyamus, near 200 drops of laudanum, and all without any sensible relief of the agony under which I laboured. My stomach is now getting confirmed, and I have great hopes the bout is over. It has been a dreadful set-to." I will not say that Scott might safely have been spared the greater part of these torments, which must have made no inconsiderable inroad on his iron constitution, any more than I would affirm that he would

never have been a cripple, if the cause of his infirmity had been treated in another way. I may be allowed, however, to have my opinion, and neither flippant ribaldry nor ill-bred sarcasm will effect that change of conviction which dispassionate reasoning and fair argument may bring about with no great difficulty if they can show me that inferences from analogy have misled me.

Again, to Lord Montagu: "I hate unformed complaints. A doctor is like Ajax—give him light and he may make battle with a disease; but, no disparagement to the Esculapian art, they are bad guessers." And to Southey: "You may have heard that about four years since I was brought to death's door by a violent, and, at the same time, most obstinate complaint, a sort of spasms in the stomach or diaphragm, which for a long time defied medicine. It gave away at last to a terrific course of calomel, such as made the cure almost as bad as the disease."

There seems to be some sort of analogy or parallel between physicians and authors;—druggists standing between the former and their patients, as publishers stand between the latter and their readers. A few in both classes come in for the rich prizes; while the rest must be contented with moderate shares or mere blanks. I am far from asserting that the middle man in either case "would favour" one set of employers at the expense of the rest: though it is clear enough that self-interest will operate in both to keep up the number of those who dedicate themselves to the public service, and to swell the amount of a market already glutted by the attractions which the success of a few, and the respectability of the profession, must present to talent and industry.

We find, by a letter to Joanna Baillic in 1823, that Caledonia's immortal son was not only an hydropath, but anxious that others should profit by his experience. Such, at least may be presumed from the circumstance of his connecting his habitual practice with the regret he expresses for the sickness under which Dr. Baillic was then suffering. "I am very sorry indeed, (such are his words,) that the doctor is complaining—he whose life has been one course of administering help and comfort to others, should not, one would think, suffer himself; but such are the terms on which we hold our gifts—however valuable to others, they are sometimes less available to ourselves. I sincerely hope this will find him better, and Mrs. Baillic easier in proportion. When I was subject a little to sore-

throat, I cured myself of that tendency by spunging my throat, breast and shoulders every morning with the coldest water I could get; but this is rather a horse remedy, though I still keep up the practice."

How different would have been my lot in this world, if this distinguished physician had been an hydropath himself thirty years ago!

In *Lockhart's Life of Sir Walter Scott*, vol. v. p. 345, an event is related of sufficient bearing upon the subject of this work, to excite a wish that its details had been given. "A bad accident in a fox-chase occurred at this time to Sir Walter's friend, Mr. Scott, of Gala. The ice-house at Abbotsford, was the only one in the neighbourhood that had been filled during the preceding winter, and to Tom Purdie's care in that particular, Mr. Scott's numerous friends owed the preservation of his valuable life." Then follows a letter from Sir Walter to Lord Montagu (1824)—"Gala," says the writer, "may now, I trust, be considered quite out of danger. He has swam for his life though, and barely saved it. It is for the credit of his clan to state, that he had no dishonour as a horseman by his fall. He had alighted to put his saddle to rights, and the horse, full of corn and little work, went off with him before he got into his seat and went headlong down a sort of precipice. He fell at least fifteen feet without stopping, and no one that saw the accident could hope he should be taken up a living man. Yet, after losing a quart of blood, he walked home on foot, and no dangerous symptoms appeared till five or six days after, when they came with a vengeance. *He continues to use the ice with wonderful effect, though it seems a violent remedy.*"

On another occasion, (Lord Kinnedder's death,) he tells one of his friends: "at length, fever and delirium came on: he was bled repeatedly and very copiously—a necessary treatment perhaps, but which completely exhausted his weak frame. On the morning of Tuesday, the day of the king's arrival, he awoke from his sleep, ordered his window to be opened, that he might see the sun once more, and was a dead man immediately after."

It will be seen presently, that even Dr. Currie, ardent as he was in the cause of every thing that was good and great, did not escape that mortification of baffled hopes which the best of men are too often doomed to suffer. Justice, however, has been fully done him posterity has reversed the decree of ostracism, which is "their lot who dare be singularly good:" and the echos of detraction have

long since died away. "How has it happened," says Dr. Clendinning, in his notes to his translation of Beaupré's work, "how has it happened that Dr. Currie, who seems to have added nothing to the information transmitted to us by the ancients, has been the object of such extravagant praise? How has it happened that Dr. Currie's popular, practical rule, which can be admitted only as a guide for sick-room servants, in the administration of cold affusion, has been lauded as a therapeutical discovery, and elevated into a therapeutical principle, to determine the decisions and form the practice of physicians." Thus it would seem, that simplicity, which is the perfection of every other science, is a defect in medicine; and practical rules are to be welcome to its professors in an inverse ratio to the facility of their execution. But let us hear what Dr. Currie lays down as the principle of his treatment "Dr. Darwin," he says, in a note to his work on cold affusion, &c., "seems to consider the application of cold as merely subtracting the stimulus of heat, and thus to be altogether negative, without adverting to that most powerful sensation by which great and sudden changes from a higher to a lower temperature are attended; through which the energies of life are roused into action, and the *sedative influence of cold for a time counteracted*." These words appear to have been suggested by the remarks of "some learned friends," with whom, "to speak of cold in any form acting as a *stimulus*," seemed "an absolute contradiction in terms;" since "cold, being merely the privation of heat the universal stimulus, must in their opinion, always have a sedative operation." "The stimulating action of cold," he adds, "though short in duration, is powerful in degree. In the torpor of convulsion, when weaker stimuli are unperceived, the affusion of cold water on the naked body will often excite the dormant sensibility, and introduce a new action throughout the nervous system. In the apoplectic state brought on by the fumes of charcoal, this remedy is, of all others, the most efficacious. When dogs are suffocated in the vapour of the grotto del cane, it is well known, that they are recovered by plunging them in the adjoining lake; and in other animals, when the last motions of life are apparently over, the same application will sometimes, as I have observed, renew the contraction of those fibres that seemed to be fixed in death."

The proprietor of this grotto, we are informed by a writer in the

London Medical Journal, (October, 1832,) maintains himself and family, and a necessary number of dogs, by the profits resulting from the exhibition. It would, perhaps, be more in accordance with strict justice to say, that the dogs maintain the proprietor, as slaves maintain their owner, not the owner the slaves. When this carbonic gas has been inspired in a state of great purity, it is added, death is an almost instantaneous result. "When diluted with air, the symptoms which it produces are those of narcotism, and the patient commonly dies apoplectic." Such a powerful agent was not to be left idle; accordingly, we find by a note, that "it has been suggested by Dr. Paris that a compound of this nature might be advantageously administered in certain diseases, where sedatives are indicated." Nothing is said about the cold water which Beaupré found so beneficial. What kills a dog will cure a man, and what cures it will kill him. How far we have a right, as beings accountable to our common Creator, for the manner in which we treat his creatures, to indulge our love, whether of science or of mere excitement, at the expense of these faithful and uncomplaining animals, (I will not say our only friends, for no man ever wanted, who deserved a friend, even though he possessed such repulsive qualities, as wealth, rank, and genius,) I leave to the decision of those who have more skill in casuistry than is wanted to make up a good every-day conscience. I would, however, plead for the dumb, and implore a little pity for the innocent, till the resources which the vegetable world offers are exhausted,—till no more silver medals are disinterestedly offered by the Medico-Botanical Society of London, for the encouragement of those pythagorean investigators, who can discover "the medicinal qualities and uses of any indigenous plants, the properties of which are not sufficiently acknowledged, or any new uses and applications of other indigenous plants which may have been unduly neglected or forgotten," or till some benevolent dupe of the Silesian school offers a golden medal to any one who can prove its principles absurd and its practice injurious, and no one is found to deserve it.

Among the converts to the practice of cold affusion, in certain cases of fever, which this excellent man rallied round his standard, was Mr. Wilson, surgeon of the *Hussar*, who employed the remedy with extraordinary success in 1795. Of eight cases of yellow fever, treated by him in this way at Halifax, in Nova Scotia, not one proved fatal, according to the testimony of Dr. Currie. Several

other instances in nautical practice are referred to by him, where the fever was contagious. In cases of fever, where the most powerful sudorifics had proved ineffectual, Mr. C. Magrath, surgeon to the *Russell*, found, in 1800, "by throwing a bucket of cold water over the patient, rubbing him dry and laying him between the blankets, a comfortable glow to succeed, followed by a gentle and salutary perspiration, first appearing about the forehead and neck; and, by administering bland and diluent drinks, such as balm or sage tea, this perspiration would become general, the confusion of thought disappear and the patient would fall into a calm and refreshing sleep, which sometimes lasted for hours," &c. "Invariable success," added Mr. Magrath as quoted by Dr. Currie, "has attended my endeavours ever since I began to adopt this practice on a very large scale." Success produced its usual effects on a mind ardent in the pursuit of what promised such extensive diminution of human suffering, nor did the zeal of the philanthropist escape the fate of those who venture to quit the beaten track. "Mr. Magrath laments," says Dr. Currie, "that the cold affusion has not been adopted generally in the navy, and expresses his indignation against persons, *who have aspersed and reprobated it without a trial*, or mere prejudice. He anticipates the time, as at no great distance, when it will be firmly established. *In this last sentence I perfectly agree*; and, in regard to the opposition of ignorance and prejudice, we shall bear it with more patience, when we recollect that it has *uniformly presented itself to all considerable improvements in our profession*, that we might begin to doubt of the great advantage of the practice we are recommending, if it wanted this genuine mark of utility and of importance." Mr. Nagle, of the *Ganges*, on the Jamaica station, at the beginning of this century, lost but two, out of 120 cases of fever, in which he used the cold affusion—and they were both bad subjects. He considered the disease was the yellow fever, though the yellow tint of the skin seldom appeared under the practice. Whenever he was absent, his mates received positive instructions to apply the affusion without delay, on every occasion that might require it—and it does not appear that these "guides for sick-room servants," however unsuited to the dignity of learned doctors, were of less service than the "Latin hieroglyphics" of which the benevolent German speaks, would have been.

In those ships, where venesection was used, the mortality was great. After relating several cases of his success, this "enthusiast" expresses himself in language very similar to that used by Mr. Magrath, and evinces a prophetic spirit equally sanguine and equally justified by events. "In a short time," he says, "the cold affusion will have as many advocates as the cow-pox." Little did Dr. Currie and his warm-hearted correspondent consider how many interests were combined against the fulfilment of their benevolent expectation; and how few, who have had candour enough to praise them, have had courage enough to imitate them. The following extract, given by Dr. Currie, from a letter by Mr. Dewar, assistant surgeon in the second regiment of foot, as it appeared in the fifty-ninth number of the *Medical and Physical Journal*, affords a striking instance of that simplicity of mind which inclines men, in spite of familiarity with the world, to feel disappointment on finding that new truths have not as many vested interests to recommend them as old fallacies; and that common sense is less common than humbug and folly. "Knowing the present spirit of enterprise which prevails in the medical world, I expected"—such were the expressions, inspired by his successful practice at Minorca—"I expected, on my return to this country, in 1802, that the cold affusion must be universally employed, and was rather mortified to find, that though no facts were brought forward to its discredit, many medical men seemed very unwilling to employ it. It is rather singular that, while new articles, formerly reputed poisonous, are daily introduced into the *Materia Medica*, and experiments are made with them, not only without scruple but with zeal, the affusion of cold water in fever, a practice frequent among the ancients, and employed with advantage by some rude nations, of modern times, should be considered as too extraordinary in its nature to receive a trial." Such were the men who added "impudence" to the enthusiasm of their master, though his example should have taught them that modesty is no less expected from innovators than arrogance from conservatives.

The severest critic, one might imagine, would have pardoned the novel attempt of curing certain diseases, without mercury, when proposed in such terms as the ensuing: "I wish," says this amiable reformer in one of his letters, "to speak with the diffidence becoming

my imperfect experience ; and I would not willingly have spoken at all in this stage of the inquiry, had there not appeared a danger of the attention of medical men being wholly withdrawn from the investigation of a subject, which, though difficult, seems not only curious in itself, but likely to produce important consequences to the healing art. To assist in preventing this, I am willing to offer a testimony, which is certainly imperfect, and which, in some respects may ultimately be found erroneous." This was written forty years ago by Dr. Currie to Dr. Beddoes, a man, who like his correspondent, was too much devoted to the cause of science, and too heedless of worldly advantage, to obstruct, by vulgar sneers and unfeeling sarcasms, the investigation of any subject that however remotely and circuitously might "produce important consequences to the healing art."

In a note to *Willan on Cutaneous Diseases* is the following, by Dr. Stanger. "The scarlet fever prevailed among the children at the Foundling Hospital, from the end of June to the middle of October, 1804. Fifty-two boys and nineteen girls were afflicted with it ; three boys died of the fever ; a fourth died dropsical, some time after being dismissed from the Infirmary. Most of the patients were repeatedly washed with cold water and vinegar, mixed in about equal proportions. Only the hands and arms were washed in those who had no considerable heat of the skin ; but, when the heat became excessive, the washing was extended to the trunk of the body and to the lower extremities. Its effects in cooling the skin, diminishing the frequency of the pulse, abating thirst, and disposing to sleep, were very remarkable. Finding the application so highly beneficial, I employed it at every period of the fever, provided the skin were hot and dry." This treatment was cautious enough to satisfy the most timid, and yet sufficiently successful to encourage more enterprising practitioners. Unfortunately the former were in the majority ; and the world profited but little by this experimentum in corpore vili. Dr. Willan says in the text : "The effusion of cold water, recommended in fevers, has not yet been employed here as a remedy for scarlatina ; but some physicians of London have ventured to sponge the whole surface of the body repeatedly with vinegar and water. During a hot season, or whenever the heat of the skin is much increased (it sometimes raises the thermometer to 112° ; the patient's

breath being hotter than in any other fever) the patient is greatly refreshed by this application ; the pulse becomes steady ; the heat and fever abate, and a calm sleep frequently succeeds." If more physicians had "ventured" somewhat further we should not now be listening with a foolish look of astonishment at what the provincialist jocosely calls a "Traveller's Tale," nor closing such a book as *Willan's* with a vain sigh of regret for the past, and a bitter feeling of despair for the future.

Cold water was used, with good results, though but partially, in scarlatina, at the Ackworth School, in Yorkshire, in 1802. It is to be hoped, that the Society of Friends, by whom this establishment was founded, will not lose sight of this fact ; and that they will add one more to the many claims they have upon our respect, by incorporating with their judicious plans for the good of mankind some practical application of a medical treatment, not altogether unknown to them. "Vinegar was employed," says Dr. Binns, as quoted by Willan, "very freely in sprinkling the floors, and even the bed clothes ; the patients likewise were very frequently washed during the hot stages of the disease with cold vinegar, or vinegar and water, or vinegar and brandy by means of sponges or linen cloths, not only on their faces and extremities, but occasionally over the whole body ; and they, in general, experienced much relief from it." The whole narrative is interesting, but too long to be transferred to these pages.

I need not "call antiquity from the old schools of Greece to testify" the merits of my client, neither Hippocrates nor Galen* will be conclusive authority with those who look for instruction to the Book of Life, not to tradition or to the spring-time of society, when old age had no higher claims to wisdom than it has now, that human virtue does not ripen in the winter of existence only, and men are not, like mulberry-trees, the better for being decayed. That Boerhaave, and Locke, and Franklin, and others whom the world will not suffer to be forgotten till it has lost the memory of its dearest benefactors, would have hailed with heartfelt delight the therapeutic discoveries of this despised peasant, will not admit of a

* "Galen was acquainted with no remedy for hectic fever, but the warm bath, and he closed the treatment with cold bathing. In hecticis vero febribus, id quod remedium offert, calidæ solum non est, sed frigidæ."—*Beaupré translated by Dr. Clendenning.*

moment's doubt in the mind of any one who can think for himself or feel for others. With Locke's predilection for cold water, we are all well acquainted; and Franklin was himself a hydropath. I have not his works by me; but I well remember, that he cured himself of a severe cold, on his way from Boston to Philadelphia, by merely drinking cold water, and suffering the fever under which he laboured, to evaporate in copious perspiration, during the night he passed at an inn. A writer in the *French Encyclopædia* calls this the English remedy for colds; and from what he says, of his own countrymen, the practice was not unknown in France. Of Dr. Hancock's method, he observes, that it should be received "avec beaucoup de precaution, et même de defiance par les medecins legitimes."

Hufeland infers, from the circumstance of Antonius Musa having restored Augustus Cæsar to life by the employment of cold water, when the usual remedies had failed to reduce the alarming symptoms of fever, that the practice was not uncommon among the ancient Romans, and observes, that this historical fact shows how erroneous the opinion is, which refers its origin to England—and, indeed, it is hardly conceivable that the Roman physician should have been permitted to make dangerous and unheard of experiments in such a case, unless there were other motives at work:—though, on that supposition, the expedient was altogether unnecessary; and, besides, such valuable anodynes are not to be thrown away upon *dying* emperors.

We have seen how one physician, in a work addressed to his profession, and dedicated to Dr. Currie's antagonist, has spoken of Dr. Currie. Let us now see what another, who was restrained by no feelings of personal delicacy, from pronouncing an historical judgment upon the latter has said, "those who are desirous of fully understanding the principles upon which the practice of cold bathing, whether in sickness or in health, should be conducted, cannot consult a surer guide than the admirable work of the elegant and philosophic," (in another place he is called "inimitable") "Dr. Currie; a work, which, whether viewed with regard to the classical purity of the style, &c., may be pronounced in the figurative language of Haller, an opus veré aureum, which no medical practitioner ought to be without, *and which all heads of families would do well to*

keep as a book of occasional reference."—*Hamilton's History of Medicine and Surgery*, vol. ii. p. 253.

Such is the esteem in which Dr. Currie is held as a man and as a physieian, that his name is scarcely ever mentioned without some epithet expressive of admiration, arising from a view of his services in this particular department of practice; yet a writer in the *Edinburgh Review*, some years back, though he dwells with no slight degree of complacency on most of those subjects which engaged this generous man's attention, and bestows the warmest eulogium on his zealous exertions in other questions bearing upon the welfare of society, scarcely mentions his work on cold affusion, as if his readers were to suppose, that the author felt no more interest in its composition than might arise from the most indifferent essay on the most ordinary kind of every-day practice. I insist the more strongly upon this apparently trivial circumstance, because from some cause or other, it rarely happens that any illustrations of subjects that are calculated to engage public attention, are drawn by English writers from these repositories of what may be too often designated personal interests, under the disguise of party or political sentiment. I have before stated, that cold water had been found extremely useful when applied, in its various forms, to gun-shot wounds, sores, &c.

The secrets of nature, said Boerhaave, exist in so many things, which we trample under our feet with contempt, that nothing ought to be rejected. General Miller, in the account he gives of a snow-blindness, with which the soldiers under his command suffered during a march through a fall of snow, says, "the only relief is a poultice of snow; but as that melts away, the torture returns."—*Memoirs*, v. ii. p. 218. The natives, on such occasions, apply raw meat, and cold spring water, to the parts affected. I subjoin the whole passage, as it may, though the account of the treatment is unfortunately deficient in details, suggest to future travellers in that or other countries, something useful. "The effect of the rays of the sun," he says, "reflected from the snow upon the eyes, produces a disease which the Peruvians call *surumpi*. It occasions blindness, accompanied by excruciating pains. A pimple forms in the eye-ball, and causes an itching, pricking pain, as though needles were continually piercing it. The temporary loss of sight is occasioned by the impossibility

of opening the eye-lids for a single moment; the smallest ray of light being absolutely insupportable. The only relief is a poultice of snow," &c. Snow has rendered good service in Europe, as well as in America. "Bartholinus," says Beaupré, "states that a physician, his colleague, cured himself of ophthalmia by the application of a snow ball." He thinks, however, the utility of cold topicals restricted to cases of acute idiopathic ophthalmia, to be "employed at the commencement of the disease, and during the very action of the cause that may have given rise to it." "A child," he adds, "looking on at hodmen working, received a morsel of mortar in the eye; it was bled, purged, emollient topicals were applied, bathing was employed: all without success. I was consulted, and discovered that the child had totally lost the use of his eye. Here, however, is an accident, that might easily have been prevented by the ready and prolonged application of cold water. Thus, in case of introduction of any irritant into the eye, even after its extraction or expulsion, we must immediately have recourse to cold water; it is the true way of dissipating pain and redness, and of preventing an inflammation, the course of which is not always exempt from danger."*

* Mr. Ure has found cold water of great service at the Western Eye Dispensary, High Street, Bloomsbury; where, from the combined influence of bad air, drunkenness, and the other concomitants of abject poverty to be found in that crowded district so many disorders of this kind abound. This medical institution is the only one, I believe, in London, where patients can be received immediately without an order, and is too humble to attract deception or encourage abuses. It well deserves the patronage of the benevolent. No one who considers how extensively what is termed sympathy communicates functional disorder from other organs to these, will think it any thing miraculous that sight should have been restored to the blind by cold water, or that the removal of the primary disease which perhaps was unknown or unfelt, should have been followed by that which was but too palpable.

That experiments with this new remedy are in course of trial in hospitals and unions might easily be shown; and, as I have recently seen the great efficacy of wet bandages in sores, which had been pronounced incurable at a public Infirmary, I am induced to express a hope, that such inoffensive remedies may come into general use. It would be an act of real charity if the members of visiting societies would employ their influence over their poorer neighbours in combining a few hints for the maintenance or recovery of health with their exhortations to temperance; and explain how easily the same pure element which emancipates them from the yoke of the gin-palace and the pot-house, might free them from dependency on the drug-compounder and the plaster-spreader. The

Have any experiments been made in Egypt with ice? Plenty of ice might be imported by the steam boats: and refrigerants might be obtained by means of an apparatus for producing congelation, a valuable companion to a scientific traveller in hot countries.

I may add here, that there are in the *Gazette Medicale de Paris*, (20th January, 1838,) several cases on record, of broken limbs, where amputation seemed to be indispensable, successfully treated by irrigation of cold water. Of one case, it is expressly said, that without this remedy, the limb, and perhaps the life, of the patient would have been lost. The pain occasioned by the fracture, was, in almost every instance, removed by this remedy:—"A circumstance, in itself alone of great importance as a therapeutic." "We need not utter any eulogy," says the editor of that Journal, "in favour of irrigation. Facts speak more forcibly than any thing we could say for them. We will content ourselves with recommending to the notice of surgeons, a therapeutical instrument, of which the efficacy is demonstrated as well by the successful experiment of Messrs. Josse and Bérard the younger, as by those of M. Breschet."

Various considerations must have led to the disuse or neglect of what, at first sight, looks something like an auxiliary to the art of healing. One author complains that the proceedings it involved were "troublesome;" though the "sick-room servants" might have rendered it less so. That it occasioned no small *trouble* in certain quarters, is very certain. Another assures us, that "so much pathological knowledge and experienced discrimination are required to the advantageous or even safe employment of it, that no surprise can exist as to the disuse into which the practice has fallen,"—though he says in another place, "There can be no doubt that the strictly local application of cold, as near as possible to the organ affected, can be attended with no danger, particularly when the inflammation is

cases, above referred to, occurred in poor families, where, without serious inroads on their little earnings, the ordinary medicines could not be procured for such diseases as too often arise from neglected indispositions or slighted accidents; and which might be nipped in the bud by timely remedies.

Dr. Hodgkin will add to the debt Humanity owes him, if his next popular treatise upon kindred subjects should contain a few practical hints on this.

acute, and chiefly attacks serous surfaces; and it may be in some instances productive of benefit; but we are still in want of faithfully observed facts to illustrate the effects of this treatment in a satisfactory manner." Now if, where there is no danger and may be benefit, there is a want of authenticated experiments, we have a right to suspect that there were other causes of this disuse at work, than any attached to consciousness of defects in the requisite knowledge and discrimination. It is not customary to ascribe phenomena to causes that are extremely rare, when we have abundance enough of what are extremely common to answer the purpose.

De Fontenelle recommends, among other means of resuscitation, cold baths and affusions of cold water for cases of apparent death. This subject has been several times brought before the Royal Society. In 1779, a paper was read to them on the Russian mode of recovering persons, apparently dead, from the fumes of charcoal, or the effects of stoves. It is nearly the same with that recommended in such cases by De Fontenelle. The fact, had been stated by Dr. M. Guthrie. The writer having premised that the method is inefficient, if employed when the asphyxia has continued an hour, says, the patient is immediately carried into the open air and stripped to the skin. "His stomach and temples are then well rubbed with snow; and cold water or milk is poured down his throat. This friction is continued with fresh snow until the livid hue, which the body had when brought out, is changed to its natural colour, and life renewed. Then they cure the violent head-ache, which remains, by binding on the forehead a cataplasm of black rye-bread and vinegar. In this manner, the unfortunate man is perfectly restored without blowing up the lungs as is necessary in the case of drowned persons; on the contrary, they begin to play of themselves, as soon as the surcharge of phlogiston makes its escape from the body." The writer contrasts the two methods used in restoring life to drowned and asphyxiated persons,—heat, as he says, being applied in the one case, and cold in the other. He seems sadly puzzled to account for the cold acting as a sudorific;—though he sees in the national mode of restoring circulation to a frozen limb by friction with snow, something that shews heat may be produced by the stimulus of cold. But what is singular in such cases is, he says, "that the body is much warmer when brought out of the room, than

at the instant life is restored, and that they awake cold and shivering. The colour of the body is also changed from a livid red to its natural complexion ; which, together with some other circumstances, would almost lead one to suspect, that they are restored to life by the snow and cold water, somehow or other freeing them from the load of phlogiston with which the system seems to be replete ; for though the *first application of cold water to the human body produces heat*, yet, if often repeated in a very cold atmosphere, it then cools instead of continuing to heat, just as the cold bath does, when a person remains too long in it." The contrast here spoken of, would vanish into thin air at Gräfenberg ; where persons who had been for a long time in a state of insensibility, if I mistake not, have been recovered in a similar manner. Surely, it would be worth while to make the experiment in emergencies that exclude the common modes of resuscitation ; particularly as we are led to hope from the following instructions given, among others, by Dr. Hufeland for recovering drowned persons, that the attempt would not be always fruitless : " Let drops of icy cold water or wine be suffered to fall, from time to time, on the pit of the stomach. The first impulse to the re-action of the heart has been found to have been given by these means." Of persons frozen, the same author says : " Place them in snow up to the head, or in a bath of the coldest water that can be had without being frozen. By this method life will be restored of itself, and then, as soon as there are signs of returning animation," &c. &c.

The writer in the *Philosophical Transactions* considers the subject altogether curious, and leaves it to the scientific inquiries of Dr. Priestley ;—as odious a heretic, in his way and day, as Priessnitz. " I have only endeavoured," such are his concluding words, " to collect facts from a number of natives who have met with this accident themselves, or have assisted in restoring others to life.* It is so common a case here, *that it is perfectly familiar to them, and they never call in medical assistance.*" Such are the dreams of peasants in Russia ! and such is the waking wisdom of learned men

* De Fontenelle shews that the capillary circulation continues in frogs and other animals that have been decapitated, and adds, that the bodies of those who die suddenly, or are asphyxiated, retain their vital heat for some time.

in England ; on one side are the serfs whom slavery has brutalized ; on the other are the sages whom science has enlightened.

Obsequium amicos ; veritas odium parit.

I regret there is no other alternative ; and, in renouncing the rewards of obsequiousness, must submit to the penalties of truth. If I am accused of scandalum magnatum, I plead guilty. Humanity acknowledges no distinction of names. I am no more an enemy of science in finding fault with its present ornaments, than I should be if I accused its founder of recommending in his essays, the sacrifice of the commercial class to the landed interest, and playing the Anglo-Catholic with Elizabeth, and the Anglo-Protestant with James ; while, to please the latter, he introduced into his "Apothegms," such revolting anecdotes as would for ever have excluded him from the presence of the former.

In the *Philosophical Transactions*, vol. xxxvi. 353, is another paper read before the same Society. It is well worthy of perusal, but is too long for insertion here. It treats "on the use of cold water in fevers, by N. Cyrillus, Professor of Physic at Naples, and F.R.S." The cold water here spoken of, was prescribed, internally, as well in fever as in a variety of other disorders, with good effect. In a note to the edition of the *Philosophical Transactions*, in 1809, it is said that, "Dr. Hancock, in his *febrifugum magnum*, represents cold water to be the best *possible sweating medicine* in fevers, and ascribes its *febrifuge virtues wholly to the perspiration which it excites*." In another note, we are told that, "notwithstanding the praises bestowed both by Dr. Hancock and by this author, on the use of cold water *internally* in fevers, it does not appear that this mode of treatment was much adopted in this country at the time of its first recommendation, or that it came to be adopted at any period afterwards ; latterly, however, cold water has been much and successfully employed *externally* in the case of fevers, agreeably to the directions given by Dr. Currie, of Liverpool, in his treatise on this subject."

Thus we see that Priessnitz, by a sort of double transmigration, is the learned Cyrillus and the benevolent Dr. Currie in one :

"The force of nature could no further go :
To make a third, she joined the other two."

When we speak of heat or of cold, we mean to express the sensations it produces on certain nerves, the condition of which, in their relation to the sensorium, determines the very existence of the forms, colours, and other properties of what we call matter. Cold is, in fact, but a negation of heat. Where the first is felt, the latter is necessarily present, or it would not be felt:—*de non apparentibus et non existentibus eadem est ratio*. It is this latent heat, this vital power in a state of torpidity, that, in treating diseases, we strive to call into activity, by the agency either of medicaments or of cold substances, applied circuitously or immediately to the organs, best adapted to their reception. “The sensation of cold,” says an English writer, “is not always produced by the same degree of temperature; for it depends very much on the state of the body previous to its application; indeed, what may be considered a low temperature, under some circumstances, will cause the sensation of warmth, and a comparatively high temperature will produce that of cold. If the right hand be immersed in water, at the temperature of 80° of Fah., and the left in an equal quantity of water at 40°, the former will receive the sensation of heat, and the latter that of cold; but if the two quantities of water be then mixed, and both hands dipped into the mixture at the same time, the feeling of cold will be produced in the right, and the feeling of warmth in the left; so that no fixed temperature can be called either hot or cold. The generation of animal heat, or in other words, the development of caloric, is accomplished by a process continually going on in the body, more actively perhaps at some times than at others.

The abstraction of caloric from the body, within certain bounds, “may be regarded as a salutary process.”—*Cyclopædia of Practical Medicine*, Art. Cold. What follows bears but remotely upon the present subject; I have continued the extract, however, to the commencement of the succeeding paragraph, as it does not seem liable to the same objection; since there may be too little caloric elaborated, as in some chronic disorders, or too much as in some of the acute; in both of which cases, as we have seen, cold, according to the hydiatic method, is applied for the purposes of “salutary extraction;” whether with success or not, the reader has now more than materials enough before him to decide.

The chief point seems to be, to remove the opposing temperatures

in contact just at the moment of equalization; that the body which has the privilege of generating heat, may not be impeded in its restorative work by that which has none. In combating disease, this *vis medicatrix* is always promoted by the new method, and sometimes only by the old. "Nature relieves inflammation sometimes by exciting discharges from the inflamed part, sometimes by the process of suppuration; but she still employs the same means, although the effusion or suppuration, by which the inflammation is relieved, from the nature or the situation of the part affected, generally proves fatal. Such is the case in croup, the disease termed internal water of the head, &c. In these cases, it is the object of the physician to cure the inflammation by artificial means,* before it has time to run to such terminations. *In other instances*, as in some external inflammations, his object is to *promote these operations of the vis medicatrix* as the least injurious way of removing the diseases.—*Note to Philosophical Transactions*, vol. iii. p. 193.

Whether the warm is preferable to the cold bath, as seems to be almost an universal opinion, may admit of a doubt, if, what follows in this Cyclopædia is correct: "caloric or heat, as it is commonly termed, acts as a *stimulant* when applied to the animal body, its

* Just before I left Germany, the wife of an Englishman informed me that one of her sons had been cured of inflammation in the brain by cold water, near one of the numerous establishments in the Thuringian mountains. This is the only *physic* (to speak etymologically) she uses in her family—one of the wealthiest in that country. By a singular concurrence, her brother-in-law, a London Physician, whose official dignities and personal character, would recommend an allusion, which the fear of offending his delicacy has made thus indirect, related to me not long after a case somewhat similar, but more painful in its termination. The patient was in a comatose state from water on the brain; and an unfortunate error on the part of a near relative frustrated an attempt that had promised success when all others had failed. The little sufferer, while thus insensible, was placed so as to receive a fall of cold water on his head. At the end of ten minutes, he cried out suddenly: "O, Mamma! something hurts my head—pray take it away." At the same time, the inaction of the lower viscera, which had continued two days, was removed. He was now put to bed with strict orders not to let him sleep. On the physician's promised return, six or eight hours after, all hope was at an end. The instructions, during the confusion and distress, had not been observed. Fresh water had formed in the head, and he had slept the sleep of death. I hope I am not violating the proprieties of private life in recording the foregoing without permission of any of the parties concerned.

effects being local or general, according to the extent and degree of its application; it increases, like most other stimulants, the action of the heart and blood-vessels; but, as is also the case generally with stimulants, a secondary effect occurs, which consists in a collapse, *or in an action lower than that which is natural*, after the excitement has subsided. Effects exactly reverse of these take place from the abstraction of caloric, or, to use the common phrase, from the application of cold. Heat is, therefore a *stimulant* and cold a *sedative*; although the exact mode in which heat or cold acts on the body will probably never be determined." Here we see that the re-action consequent upon heat is the reverse of that consequent upon cold; or, rather when the temperatures are brought into a state of equilibrium, there is a diminished action in the one, proportioned to the pre-existing heat in the other; such is the difference when the stimulus comes from without and when it comes from within. The physiological antithesis in the extract above, does not exactly agree with the account given by other writers I have quoted, of the effects produced on the organs by the application of cold. This is a matter far beyond the limits within which I can venture to express an opinion; nor is it for me to judge, how far cold water, in experienced hands, can act as a stimulus in chronic, and a sedative in acute disorders. It is observed, near the end of this article, that "the glow which pervades the body arising from the increase of the circulation, is often at the moment accompanied by a sensible increase of vigour and activity. The benefit appears to depend very much on the blood being thrown in greater quantity into the capillary vessels, and on a consequent *increase of their action* in preserving the well-being of every part of the system; cold, therefore, in this respect, seems to act indirectly as one of the diffusible stimulants." If cold water can thus produce increased action, it can hardly escape the guilt of being a direct stimulus. If a man knocks me down, it would sound somewhat singular to say he had committed an indirect assault, because the pain I suffer arises from the re-action the blow has caused in the bruised part.

That cold acts occasionally as a stimulus may be inferred from what the same writer says in another passage, whether the secondary effect he ascribes to it be direct or derived, on the principle *qui facit per alium facit per se*. "The injury sustained from exposure to cold is

not always dependent on its direct sedative action, for it may produce disease, and even cause death, by that secondary effect, which is called *re-action*. This re-action, after depression, consists in the *return of the action of the vascular system*; if moderate, it may go little beyond the natural degree, the pulse becomes rather more frequent and full, and the *heat of the surface greater than natural*, and a glow is experienced over the whole body.* This soon passes off, and leaves no evil consequences. But when the re-action is great, the vascular excitement is increased beyond its due bounds as to constitute *fever*; and perhaps *there may be in reality no difference between this state of the body, and fever from other causes. The symptoms are often the same and sometimes last as long*; but the feverish state in a day or two will give way, in many cases, on using very mild remedies, or even without any remedies at all; such cases are called *ephemeral fever*." If Priessnitz had acquired "the pen of a ready writer," in "his dreams" by the fountain, he could not have given a much clearer description of the results of the practice taught him by its tutelary deity—except that he operates upon diseased not upon healthy, bodies; brings on the fever "of malice aforethought," and eschews "mild remedies" and "ephemeral fevers." I must proceed with my quotation, as the best part of it is yet to come. "Fever is not the only consequence to be feared from exposure to cold; local inflammations may follow this general re-action,

" "The practice of employing ice and ice-cold water to burns, has succeeded perfectly with me in several cases that have come under my care," says Dr. Saunders in his *Treatise on Mineral Waters*, "one was that of a young lady, who was terribly burnt over the whole of the breast by her handkerchief taking fire. In this instance, I principally employed ice, which was kept on the inflamed parts; and by this method the suppurating process was prevented, as well as the great trouble which generally attends the cicatrising of a wound from this cause, and the disfiguring scar which is always left for life, when the cure has been conducted in the common way." "I am happy," adds the same author in a note, "to see the use of ice and cold water in burns, which has of late, been much employed by several practitioners, particularly recommended by Mr. Earle in an *Essay on the means of lessening the Effects of Fire on the human body*, lately published by this eminent surgeon." Why has this mode of treatment been admitted as orthodox, and others which have precisely the same title to the same honour excluded with scorn and obloquy? All that is asked for them is a fair trial and a dispassionate verdict.

and any one of the internal membranes or organs may become the seat of the inflammation: but the particular organ affected in each case may be *determined by some local predisposition*. Thus one person will have catarrh, another cynanche tonsillaris, a third pneumonia, as a consequence of exposure to cold." The existence of disease indicates *this local predisposition*; and what in a healthy person would be productive of the unfavourable symptoms here enumerated, would in the case of sickness, determine those local inflammations or states of general fever, which constitute the crises and terminate in ejecting the reluctant or recalcitrant enemy—it is then, that, to use the words of the writer, "the abstraction of caloric from the body is made to conduce to the recovery of persons labouring under disease," in which cases, that is, to use his own words again, "in *inflammation*, and in fevers cold may very often be considered as one of our most valuable remedies." I cannot refrain from again quoting this writer, as the passage shows that an orthodox physician may employ hydropathic remedies with less caution than a lay hydropath. "Although there cannot be a doubt entertained of the advantage of employing cold applications in cases of common inflammation of the surface and of the extremities of the body; yet by many it is held to be problematical whether they are properly employed in cases of internal inflammations, as of the membranes and organs included within the skull, the thorax and the abdomen; as by such means the blood may be so thrown upon the internal parts as to aggravate the inflammation. As it respects the brain and its membranes, this reasoning, although at first sight plausible, is evidently fallacious. The object in cases of inflammation being to lessen the flow of blood to the part affected, any means which will control the action of the carotid arteries must be useful in inflammation within the head, as it is by those arteries that the greater part of the blood is conveyed thither. Cold, applied to the scalp, will be found to act as a sedative, not only upon the vessels of the integuments, but (by a sympathy which is well known to exist between the larger and smaller vessels) upon the carotids also. It must be clear, therefore, even from theory," (meaning, probably, hypothesis, for theory is truth in the abstract, or it is not theory,) "that cold, applied to the integuments of the head will be of service

in inflammatory diseases of the brain ; but experience has long decided the point, and no practitioner omits this powerful remedy when he has to combat with such affections."

The writer, a little farther on, says, in reference to the application of cold water to the chest, or abdomen, &c., that there seems to be some doubt as to its advantages. "This practice, however," he adds, "has of late been recommended by some physicians, whose opinions ought to have weight, and especially so as the recommendation seems to be grounded on the result of experience." These passages will suffice, I trust, to exonerate the new method from the imputation of temerity ; since the hydriatic manipulations of the old school are characterised by less precaution, and are justified by more experience.

"The practice of immersing the patient (according to Dr. Currie's plan) in a bath, or of throwing water over the body, has of late been very rarely adopted ; and its disuse has not been without reason : for considerable inconvenience both to the patients and to the attendants is given, especially in private practice, by the employment of both these modes. But the principal objection to them arises from the impossibility of determining the precise extent to which we ought to carry the sedative effects of cold," &c. Now, surely, if experience has determined the precise extent to which the sedative effects of opium, belladonna, &c., ought to be carried, the same proverbially able teacher might succeed with moderately docile pupils, even in this abstruse department of her therapeutic lectures. It is considered unphilosophical to give two reasons for a thing when one will suffice ; we must lament, therefore, that the old school will not be *fashed* ; and try whether the new can cure us without putting us to more "trouble" than such a cheap remedy for our complaints is worth.

A writer in the *Medical Quarterly Review*, fairly owns that physicians know nothing about the action of medicines. "The effect of all medicines, by which discharges are promoted, seems," he says, "to be that of stimulating preternaturally, in the first instance, the capillary arteries of the organs, whence the evacuation is to proceed ; and this inordinate irritation being succeeded sooner or later by a corresponding collapse of those arteries, a state analogous to inflammation, and a consequent increased or altered secretion are the

results.” Again, “It can hardly be disputed that every positive agent upon the body, and consequently every medicine, is primarily a stimulant, although the more permanent operation of some, and perhaps their simple operation, may be that of a sedative.” That cold water may act both as a stimulant and a sedative, is shown by Dr. Saunders, in his *Treatise on Mineral Waters*. “In acute fever, the object of the cold bath is to lessen the permanent heat of the body—to bring on universal perspiration—to diminish action over the whole circulating system—and thereby to occasion a state of repose of body and mind, and sound sleep. In chronic disorders, on the other hand, the intention of this remedy is finally to increase the animal temperature through the medium of powerful re-action—to strengthen the moving powers—excite the nervous energy—and render the whole frame more active and alert; and to this too, the circumstance of exercise, taken as fully as the strength will bear, will highly contribute. In both cases, however, a re-action on the surface by means of excitement in the circulating system, is the means through which the desired effect is sought for; only, in the former case this is fulfilled, merely by establishing the perspiratory excretion in the fullest manner; in the latter, the operation appears more universal, and more apparent.”

It is not, however, in all cases, that experience will authorise the practitioner to proceed with such confidence. In colic, for instance, the same writer opines that this ally is not to be called in till the enemy is nearly master of the field; as the severity of his blows may prove fatal to his friends. “When the means recommended have failed, some physicians have advised the administration of crude quicksilver in doses of one or two pounds. Sometimes the sudden dashing of cold water on the extremities and the application of cold to the belly, have afforded relief by procuring evacuation of the bowels. These are *severe measures and are only to be adopted when the disease has resisted every other plan of treatment.*”

No wonder patients are frightened at the very idea of cold-baths, shower-baths, and other modes of immersion, aspersion, irrigation, &c., when they hear such epithets, as violent, severe, heroic, energetic, desperate, dangerous, and others of the same terrific tendencies, pronounced with a grave face by those whose looks are omens, and whose words are oracles. A writer in the *Cyclopædia of Medicine*,

classes cold water with electricity, and leaves on the minds of timid readers, a durable impression that the shock received from the one fluid is like that received from the other. A case of feigned catalepsy, we are told "stood out against the shower bath, electricity and a variety of other energetic kinds of treatment."

In Dr. Beddoes' *Contributions to Physical and Medical Knowledge*, &c., are many cases illustrative of the good effects produced in various diseases, by the influence of cold. One of these (p. 282,) as the treatment is detailed from day to day, presents some striking features of resemblance with those I have given from the German; I will extract some passages from this part of the work, commencing at page 320. Dr. Beddoes, I should premise, speaks of the alternative, in which a surgeon places himself, of hurtful routine practice at the hazard of the patient's life, or of rational practice at the hazard of his own reputation; one of his correspondents had mentioned to him a case, where "a patient had received almost entire ease from cold water; and the inflammation seemed to be held in check, when from the anxiety of friends, another (a fashionable practitioner) was called in." "His disapprobation of our practice," says the account, "was immediately manifested by the preference he expressed for the old plan of treatment by emollient applications and poultices, *mingled with affected admiration of the courage which had pushed to such extent the trial of a new remedy.*" These italics are in the edition I am copying from. "From part of the following sentence, continues Dr. Beddoes, may one not suppose that the eye of a keen observer had been caught by those members of the medical fraternity, that, without reflection or remorse, go on eternally repeating the same vain processes of their art; and never let slip an occasion of blasting by insinuation, the character of a rival, who, to assuage pain, or preserve life, shall dare depart from precedent? Est-il une fin plus triste (says Rousseau, lettre à M. de Voltaire, Août 1756) *que celle d'un mourant...que les médecins assassinent dans son lit à leur aise*, et que les prêtres barbares font avec art savourer la mort?" The italics are by Dr Beddoes.

We shall now have some idea of what this remedy is, that has fallen so unaccountably into disuse. "In some of our older medical authors there may be found on the subject of temperature, very valuable collections of facts, *of which we have not yet fully availed*

ourselves. The facts themselves can hardly be rejected as fabulous. They are too numerous, distinct, independent of speculation (as far as the comparison can be made) consonant with our latest and most accurate observations. Dr. Edward Baynard, who honestly owns them to be "past his philosophy," gives the following relation. It is the most interesting of the kind I have met with, and may, in many dangerous cases* (particularly of the natural small-pox) be useful to modern practitioners. "In fevers, I have known a great many in my time, who by the over-care of their *health-wrights* were made *delirious*, and in their phrensy have leaped into a *pond*, or any other *cold water*, and not *one*, as ever I heard of, got any harm, but were thereby presently cured."—(I give the italics as I find them in this work)—"And Dr. Willis, I remember, instances a case or two, wherein they have recovered by immersing into *cold water*, either by accident or distraction. And lately I saw at *Mr. Charles Frubshaws*, in *Salisbury Court*, a servant-maid who not long before being delirious in a most intense fever, got loose and leaped into the Thames; but, being soon taken up by a boat, was brought home in her wet clothes, who no sooner being stripped and dry clothes put on, but she went about her business, and was as well as ever she was in her life. I had often heard this story in the neighbourhood, but being curious in the thing, I sent for the maid, and had this relation from her own mouth.

A learned and ingenious gentleman, a doctor of law, now living, told me, that, being light-headed in a fever, and most intensely hot and thirsty, got into a horse-pond in the yard, and there stayed above half an hour, it brought him presently to his senses, and allayed both his heat and thirst. After which, when in bed, he fell into a profound sleep, and when he awaked, (in a great sweat) he found he was well, but complained of a great pain in his head for some time after, which he himself thinks proceeded from not wetting his head.†

* The good doctor here calls the disease dangerous, others call the remedy dangerous. It is high time to settle this matter, as the dispute may chance to be dangerous to the patient.

† What we call catching cold, is, in fact, catching heat :—

"After riding in the rain," says Dr. Beddoes, "until I have been thoroughly soaked, I have always experienced a glow as if my skin had been on fire, merely from putting on dry clothes, and the exertion attending the

Mr. Carr, the present school master of Marlborough, told me that he recovered when given over in a fever, by drinking a large quantity of cold spring water; and that I have known in twenty such cases in my time, but that is not to be depended upon, for some have also recovered by a quite contrary method, as drinking strong fermented liquors, as cyder, saek, elaret, &c., in large quantities.

A Turk (a servant to a gentleman) falling sick of a fever, some one of the tribe of *treacle-conners* being called in, whether apothecary or physician, I cannot tell, but (according to custom) what between blister and bolus, they soon made him mad. A countryman of his, that came to visit him, seeing him in that *broiling* condition, said nothing, but in the night time, by some confederate help, got him down to the Thames side, and soundly ducked him.* The fellow

change of dress. At the same time have felt within my nostrils the dryness and the heat that is perceived at the beginning of a cold, which, however, I have escaped, by keeping cool and quiet for a time. I have known this exactly to be the case with others, and I have made the observation so often, that I am certain I am right."

* Does not this look somehow as if the treatment of fever with cold water was not unknown in Turkey? That no one should have asked the Turk why he treated his countryman in this barbarous manner, or how he had persuaded his confederates to commit an act for which they might have been hanged, seems odd enough—but perhaps it was thought a Turkish trick—or rather no one thought about the matter. Such "dreams," however, whether in Turkey, Russia, or Austria, are worth interpreting even in London. Peasants may sometimes use the knowledge experience teaches them to interrupt the course of nature by the very same means which hydiatics employ to promote it. "In Italy," says Beaupré, "I have witnessed the operation by which the peasants sometimes suppress lactation in their wives, by hastily and repeatedly throwing a glass of very cold water between their shoulders. It is known, that the milk readily disappears in animals made to walk in water." Whether this is done in the latter, as in the former case, "to divert and extinguish the natural determination to the part," is not stated. I believe I am correct in saying, that this "derivation" is employed by the German physicians exclusively in cases of morbid congestion, and never, as in this case "to prevent lactation in women whose constitution would not admit of suckling." Beaupré calls this "perturbation by sympathy," and refers to Hippocrates as an authority. The doctors of the new school would not, I presume, admit the occult quality of sympathy as the sole agent in this process. Beaupré speaks of the beneficial effects arising from this "diversion" in hæmorrhage, and quotes Pasta, according to whom, "a physician cured a lady of uterine hæmorrhage, by making her walk with naked feet, and supported by two persons in a chamber having its pavement covered with a layer of ice." This quotation will, perhaps, serve to explain why foot-baths are so often

came home sensible, and went to bed, and the next day he was perfectly well. This story was attested to me by two or three gentlemen of undoubted integrity and worth : and I doubt it not, but believe it from the greater probability, for I will hold ten to one on the Thames' side, against treacle, snake-root, &c. ; and that all hot regimen which inflames and exalts the blood, breaks its globules and destroys the man, and then, forsooth, the doctor sneaks away, like a dog that has lost his tail, and cries it was a pestilential malignant fever, that nobody could cure, and so shews his care of the remainder, bids them open the windows, air the bed-clothes, and perfume the room for fear of infection, &c. And if he be of the right whining, canting, prick-eared stamp, concludes as they do at Tyburn, with a mournful ditty, a psalm, or a preservative prayer for the rest of the family, &c. ; so exit Prig, with his starched formal chops, ebony cane, fringed gloves, &c.

Dr. Yarborough told me, that his kinsman, Sir Thomas Yarborough, sent him a letter from Rome, wherein he gave him an account of a footman of his, who, when delirious, in the small-pox, got from his bed, and in his shirt run into a grotto of a Cardinal's, where there was water, in which he plunged himself, but was presently got out, the small pox seemed to be sunk and struck in ; but, upon his going to bed, they came out very kindly, and he safely recovered.

But my learned and worthy friend Dr. Cole, shewed me an account from an apothecary in Worcestershire, whose name (I think) was Mr. Matthews ; the substance of which was, that a young man, delirious in the small pox, when his nurse was asleep, jumped out of bed, ran down stairs, and went into a pond. The noise awaked the nurse who followed with an outcry, which outcry raised the posse of the family, who surrounded the pond ; but he parted with them, and told them, that if any came in he would certainly drown them, and that he would come out when he saw his own time ; and accordingly did so, and walked up stairs, and sat (in his wet shirt) upon a chest by the bed-side, in which Mr. Matthews found him, when he came

used in the cases I have translated from the German. And here I must beg that the cause for which I am pleading may not be confounded with the advocate. Erroneous as the view here taken of the cold water system may be, no responsibility attaches to the water doctors, who are as innocent of what a friend may advance for them from mistake, as they are of what their enemies have alleged against them from malice propense.

into the chamber. Note here, that the apothecary lived four miles from the place, and he was in the water and on the chest all that while in his wet shirt, that the messenger was gone for him. This apothecary, Mr. Matthews (for so I take his name) asked him how he did? he answered pretty well. He asked him if he would have a clean shirt and go into bed? He said by and by he would; which accordingly he did. When in bed, he asked his apothecary, if he had nothing good in his pocket, for he was a little faintish? He said that he had a cordial, of which he drank a good draught, so went to sleep and awaked very well, and in a little time recovered. Now, as Dr. Cole, observed very well, a man, quoth he, would not advise his patients in such a case to go into cold water, though this man escaped without injury; but it gives a good occasion to reflect on the many mischiefs that attend the small-pox in the hot regimen, since such extravagant and intense cold does so little or no harm.

Dr. Dover of Bristol, told me of a vintner's drawer in Oxford, that in the small-pox went into a great tub of water, and there sat, at least two hours; and yet the fellow recovered and did well.*

* The internal use of cold water has been found to work as miraculously as the cold bath. There are many curious instances of its efficacy in the "Febrifugum Magnum," the Rev. author of which had, in the early part of his life, studied physie in books for seven years. "I was telling," he says, "a worthy dignitary of our church, of the long experience I had of curing fevers by sweating with cold water;—that I had an opinion that it would cure the plague if taken speedily after it seized a person. And I think I might say I believed it would cure agues, if taken in bed at the approach of the cold fit. It seems he then had an ague; he said nothing to me, but the next time his fit came on he went to bed and took it. It made him sweat profusely, for (as I remember he said) eight or nine hours together. He took care of taking cold, and had no more fits of his ague. This account came from himself. A person of quality told me he met a poor man in the street, who looked pitifully. I suppose he gave him some charity; and inquiring what made him look so ill, the poor man told him, he had had an ague for half-a-year, and that it had brought him very low. The gentleman advised him, the next time his fit came on, to go to bed and take such a quantity of cold water, and directed him what to do. Some time after he met him again, and the gentleman finding he looked well, inquired of him, whether he had done as he directed him. The poor man told him he had, and that it took off his ague at the second fit, that is at twice taking it. I had this account from the worthy knight himself." This kind-hearted divine gives an amusing description of "Vanhelmout's Areheus, that inhabits in the upper orifice of the stomach, and when any thing offends him, like a surly master, or a scolding mistress in a family, sets all in a flame, and disturbs the whole animal economy, that is, causes a

A gentleman, delirious in the small-pox, ran in his shirt in the snow, at least a mile, and knocked them up in the house where he went, they being all in bed; the small-pox sunk, yet by the benefit of a looseness he recovered.

I remember about two years since, a learned gentleman, a divine, told me, that in the country where he was beneficed, in a small town, not far from him, many died of a malignant small-pox: a certain boy, a farmer's son, was seized with a pain in his head and back, vomited, was feverish, &c., and had all the symptoms of the small pox; this youth had promised some of his comrades to go a-swimming with them that day, which, notwithstanding his illness, he was resolved to do, and did so, but never heard more of his small-pox. Within three or four days, the father was seized just as the son was, and he was resolved to take Jack's remedy; his wife dissuaded him from it, but he was resolved upon it, and did immerse in cold water, and was after it very well. The worthy gentleman that told me this story, promised to give me it in writing, with the person's name and place; but I neglecting it, he went out of town in two or three days, so I lost the opportunity of being better informed.

Mr. Lambert, brother to my worthy friend —, told me, that when he was at school in Dorsetshire, at least thirty or more of the boys, one after another, fell sick of the small pox, and that the nurse gave them nothing else but milk and apples in the whole course, and they all recovered. There was but one dissenting boy from that method, who by command from his parents, went another course, and he had like to have died; nay, with very great difficulty they saved his life. And since, another gentleman told me that himself and divers others were cured by milk and apples, and buttered apples, in the worst sort of small pox."—*Floyer and Baynard's Psychrologia*, p. 226—232.

As this subject is likely to excite a spirit of inquiry fully equal to any thing we have ever witnessed in this country, it will, in all probability, be discovered that man is not quite so blind and hoodwinked as he may seem at first sight to be, and that the art of curing

fever." "But," he adds, "if there be such a testy old gentleman in the mouth of the stomach, I have found, if you put him to bed, and pour a pint of cold water over his head, he will be as quiet as a lamb."

his ailments with cold water has been practised by him in almost every age and in every country. Talking upon this matter to a German, who had been compelled by bad health to leave India, where he had resided many years as a Missionary, I was induced, from what he told me, as I was urging him to introduce into that country a treatment he had found very beneficial to himself, to believe that the practice was far from being a stranger there. He spoke in particular of one fountain, which was supposed to be sacred, and was frequented by sick devotees from far and near. A passage I have since met with in Beaupré's work gives something like confirmation to the surmise. "Helbigius, who wrote on the curiosities of India, mentions that the people of those countries recommend washing in cold water, *in almost all diseases*, particularly in fevers and dysenteries, and that the practice is very useful to the sick. He states, that he was greatly harassed with an effervescence of bile and fever; head-ache, sleeplessness, looseness and gripes had exhausted him. He adopted the plan of washing in cold water. After the first washing he was better; some more restored his health." Roasted apples were a favourite remedy for cold formerly. The Author of *Febrifugum Magnum*, who had "had long experience of curing common colds with cold water," says, "we had a lady in our neighbourhood, about twenty-five years ago, had a stubborn cold; she was advised either by her physician, or some body, to use cold water with roasted apples. She used it a good while and found no benefit. I met with her on some occasion, she told me the case, I advised her to leave the roasted apples and use the water as before. And, as she told me after, she was eased of her cold in a little time."

It is related of the immortal discoverer of the circulation of the blood, that "he was a great martyr to the gout, and his method of treating himself was as follows: he would sit with his legs bare, even if it were frosty weather, on the leads of Cockaine House, where he lived for some time, with his brother Eliab, or put them into a pail of water, till he was almost dead with cold, and then he would betake himself to his stove, and so it was done. He was troubled with insomnolency, and would then get up and walk about his chamber in his shirt, till he was pretty cool, or even till he began to shiver, when he would return to bed and fall into a sleep."—

Life of Harvey, in the *Family Library* This last mode of propitiating Morpheus was employed, as is well known, by Franklin, and was an ordinary pastime, as academie legends tell, with Dr. Milner, late President of Queen's College, Cambridge, to whom his garden, or some place more adapted to the purpose, served as an air-bath. Appended to the life of Harvey is a note, from which we learn that there is a marked affinity between culinary receipts and medical prescriptions; that the same love of variety which animates the cook below in causing diseases, inspires the doctor above in curing them; and that "kitchen physic" has a much wider meaning than its vulgar acceptation gives it. "It must be known to every physician of experience," says this keen observer of resemblances, "that a combination of similar remedies will produce a more certain, speedy, and considerable effect, than an equal dose of any one, even of the most powerful of the drugs, that enter into the prescription; and this is in accordance with that universal maxim in cooking—*never to employ one spice if more can be procured.*"

The example of Bewick, a name for ever endeared to the lovers of nature, by a successful cultivation of her picturesque simplicity, may be adduced here to shew how conducive to longevity and health, is the habit of inuring the body to the impressions of cold and the vicissitudes of weather. "He was remarkable at all times," says his Biographer, in the *Library of Useful Knowledge*, "for the moderation with which he ate and drank; and, in respect to other matters, he showed such a contempt for luxury that he generally slept, even in the depth of winter, with the windows of his chamber open; though, in consequence, he sometimes, on awaking, found the snow lying on his bed clothes." He died in the seventy-sixth year of his age. So many instances of the same kind, particularly that of Dr. Gregory, of Edinburgh, are upon record, that I cannot but doubt whether the fear of night air, in spite of the change which takes place at that time in vegetable and animal commerce with the atmosphere, may not be classed among "vulgar errors," and be looked upon as akin to the superstition, which bids us shut the window when the dinner comes in, and will not allow a man to help himself to tea, nor a woman to help herself to wine. I have never found any inconvenience from this custom; and other men I know can say the same. I well remember visiting a man, at Bath, whose

nights were passed in the same way as Bewick's, and whose days were lengthened to a longer span. I allude to Mr. Lucas, who had graduated at Oxford, and was afterwards proprietor of the York House. His bed-room was sometimes (long after he was three-score years and ten) so filled with snow, that his servant, it was said, had some difficulty in getting in. However this may be, it is but too true, that the seeds of many of our most painful ailments may be said to float in the mephitic air we inhale in crowded rooms and heated chambers, where an interchange of breath takes place, equally deleterious to all concerned, unless, according to the old opinion, the balance of imports favours the old at the expense of the young. Fresh water will be of little use to the skin, if fresh air is excluded from the lungs; and all the advantage to be derived from the morning's bath may be destroyed by the midnight ball. The more we are exposed to the open air, the better for the health. To prevent catching cold we must take cold every day.* With regard to the deleterious effects of night air upon persons who are not of a delicate constitution, the story told of two French colonels, who, with their respective divisions marched, the one during the day, and the other during the night, and found, at the end of a summer's journey of 600 miles, that many horses and several men had been lost, when the day was the time of repose, and none of either in the other case, proves nothing more than the ill results of turning night into day. It was the night-work, rather than the night-air, that proved so destructive; for vast numbers of human beings have no shelter but the canopy of heaven for their Midsummer's night dreams; and scarcely any horse, that is not domesticated, can find any other for his slumbers in any season.

Before I conclude, I would beg leave to offer a few remarks on the applicability of this method to the most afflicting class of diseases which can befall the human species; and I request indulgence for a production, composed in the intervals of bodily indisposition, with few books treating upon this subject to consult, and no friends to assist; a production consisting of unconnected thoughts, as they occurred during solitary rambles or desultory reading, and

* Das beste mittel gegen erkältung ist, sich täglich zu erkalten.—*Huse-land on Longevity.*

claiming no merit, but that which belongs to a sincere love of truth and an honest wish to benefit my fellow-creatures.

The disorders of which I am about to speak, it will be understood, are those of mental derangement. Cabanis (1 mem. 6 sect.) infers, from the connexion which frequent dissections have shown to exist between disorders of the lower viscera and those of the mind, as well as from the removal of insanity, consequent upon the morbid excretions from the former, that the cause or the seat of the affections in question, is generally to be found in those organs.

It is not for me to decide, whether this generalization is confined within legitimate limits; but I may ask, I hope without presumption, whether those remedies, which have been effectually employed, when the body alone has been disordered, should not be tried in cases involving injury to nobler faculties. Dr. Saunders, in his *Treatise on Mineral Waters*, speaks of "the superior power of conducting heat which water possesses over air;" and adds, that, owing to this power, an unusual quantity of heat is produced from the living body immersed in it. Would it not be more correct to say, that the heat is elicited rather than conducted; since, under certain circumstances, a greater quantity remains than had previously existed? Hence, when there is a due degree of re-action, the caloric extracted may be considered as a capital withdrawn, and the caloric subsequently developed as the capital re-paid with interest. "The custom of plunging the whole body," he says, "into cold water is a common remedy in hot climates, and has been practised by a daring and often successful empiricism among several uncultivated nations, who follow only the dictates of nature." One would believe, that nature, which has but one object, to preserve the species, by preserving the individual, would hardly dictate to the latter what would destroy the former, whether applied judiciously by sage or simple; for art and nature must ultimately exist or perish together. "The most salutary consequence which," he says in another place, "follows the proper use of this powerful remedy is the production of profuse and general perspiration; and this is a consequence, partly, perhaps, of the sudden reduction of the animal heat to its natural standard, but principally of the great re-action produced throughout the whole of the circulating system by means of the violence of the shock. It is this circumstance, that

appears to give so much advantage to a general effusion of cold water in fevers, in preference to any partial application." It is not very clear, how profuse perspiration can take place, when the animal heat is not above its natural standard, particularly when reduction and re-action are going on at the same time, or how the production of profuse perspiration should be the effect and not the cause of the animal heat having been reduced to its natural standard. I have cited these passages, because I think, the principle they contain, not altogether inapplicable to the treatment of mental disorders, associated as it is with another, which the following observations from the same author supply: "perspiration is so powerful a cooling process, that we can hardly conceive a case, where it should not, of itself, prevent increase in animal heat, when it has been able to flow freely and fully; and, therefore, when such an accumulation of heat has taken place, it only seems to indicate a deficiency of perspiration in the first instance, and this deficiency to have been brought on by the peculiar state of the exhalent vessels. So that, whether any addition of heat be made to the body from external causes, or from an augmented force of circulation, and more rapid combustion within the body, it seems, I think, necessary in all cases, that the power of exhalation should be checked from some cause or other existing in those vessels, and the sentient extremities, before the accumulation of heat can be produced.

The application of cold in any way to the skin during ardent fever, whilst it diminishes the animal temperature, takes off the parching thirst, lessens the frequency and hurried beat of the pulse, and renders it slow, full, and regular. It likewise removes the *restlessness and wandering ideas which precede a complete delirium, and occasions a sound and easy sleep*. If an entire immersion in cold water be employed, and the body be in a fit state to produce re-action, a full and general perspiration will follow; and this is *much more complete than where no previous shock of cold had been given; and in the early stages of fever, it will often entirely put an end to the complaint*."

It is generally supposed, that in cases of insanity, the chances of recovery for the mind, diminish with its attainment for the body. Yet it is possible, that certain morbid affections may survive the primary disorders; and that the flame, which is fretting the intellect,

may be fed by the latent fuel, long after the principal focus has been extinguished. In the ordinary mode of applying the hydropathic battery, we see the remains of old diseases ejected from their dormitories, and a second crop of unclean vegetation precede the arrival of health's expected bloom. It is hence, perhaps, that the toils of former labourers in the field of mental disorders have been wasted upon an ungrateful soil: and success may be expected to crown analogous experiments in cases of a more complicated nature. I am the more anxious that these considerations should be attentively weighed, because there is reason to apprehend more obstacles to the introduction of this treatment into Lunatic Asylums, where no competition is to be dreaded, than to its adoption in quarters more open to observation, and more sensitive to the wounds which an unscrupulous rivalry may inflict. A man of good natural abilities and common industry, may, by practice and study, obtain sufficient knowledge of anatomy and pathology, to secure himself in practising this method from reproach or contempt; whereas it requires a combination of medical judgment and skill in mental philosophy to compete with the professional superintendents of hospitals for the insane. The inmates of these institutions, have no longer that freedom of choice which others may exercise, however influenced by circumstances they have voluntarily submitted to.

“Pinel has stated it to be the result of his inquiries that the primary seat of mental alienation is generally in the region of the stomach and intestines; and that from that centre the disease propagates itself, as it were by irradiation, and deranges the understanding. Others have looked upon the disorders in the functions of the viscera, as merely contingent results of a primary disease, seated in or immediately affecting the brain. Which ever of these opinions may be correct, the general, or, at least, the frequent, co-existence of disorder in the physical functions with that affection of the brain from which the deranged state of the mind immediately results, is an indisputable fact.”—*Dr. Prichard on Insanity*. In another passage the same author says: “When this disease has supervened on some physical changes in the constitution, it is likely to be permanent, unless the circumstances under which it arose can be reversed; and, for bringing about such a salutary result, we have too often to regret that the art of medicine affords very inadequate resources.” Why

then should not the same remedy be applied by English physicians to cases of insanity, which is known to have acted most powerfully in removing those visceral obstructions and those physical derangements, with which the disorders in question are acknowledged to be generally associated,—a remedy, which is recommended by the experience of German physicians? Gilead has fountains as well as balms; and the river-gods may be as easily propitiated as Flora or Mercury. As cold water has proved of such essential service in all kinds of inflammation, there seem, from an observation of Dr. Priehard, to be particular reasons why it should be tried in disorders whether of the intellect or of the affections,—whether in mental or in moral derangement. “If it were allowed,” says this distinguished writer, “that the proximate cause of this disease, or the state of the brain, on which it depends, in its origin or first accession, is not proved to be, generally speaking, of the nature of inflammation, still we know sufficiently from necroscopy, that the results of inflammatory action take place in cases which have any considerable duration; and that the disorganised state of the brain, which renders recovery impossible, or generally precludes it in the advanced stage, is produced by inflammation. We have, then, in practice nearly as strong inducement for treating the disease on anti-phlogistic principles, as if we were sure that cerebral inflammation, in the strict sense of the term, was its proximate cause.” That refrigerants in such cases have proved highly useful is known; and a more extended application seems likely to extend their utility. “In the *Journal Encyclopedique*,” says Beaupré, &c., “we find the case of a girl mad and deaf, who escaped into a wood, quite naked, and without food. For two days she remained exposed to continual rain, which cured her. Several such facts are extant.” The author gives, from Corvisart’s *Medical Journal*, a case which was cured by water let fall from some height on the head in abundance. “Immediately after each douche the patient became calm, recovered his reason and slept. Delirium and incoherence of ideas re-appeared after some time, and were dissipated by fresh affusion. The paroxysms became gradually more distant, and health was perfectly re-established.” Beaupré recommends a cascade or water-fall near a mill. The douche used for this purpose, in addition to other modes, in Germany, is generally, as in other cases, from eighteen to twenty feet in height.

Dr. Clendinning refers, in the appendix to his translation of this work, to two very interesting cases given by Dr. Abercrombie, in confirmation of the good effects of cold in judicious hands.

Pinel says, a maniac in 1795, ran naked through the hospital and placed ice and snow with delight on his chest. What inference does Beaupré draw from this fact? that the frame, under similar circumstances, becomes less impressible to cold. Not a word is said of the impression made on the sensorium, through the nerves and capillaries. If no sensations had been felt, why should the patient evince delight? Insensibility and delight are not often found in combination. Such an event would not have escaped the penetrating eye of Priessnitz. That this maniac was far from being insensible to cold, may be inferred from what Esquirol says, “some lunatics experience an internal heat which consumes them and *urges them to throw themselves* into water, and even into ice, or to decline putting on any kind of clothing even in the coldest weather;” of one, he states, that she inundated the straw on which she lay with several pails-full of cold water every morning and evening, and at other times; covering herself lightly in summer and more warmly in winter. She would break the ice during frost, and was particularly careful in dipping her feet into the water in addition to the other ablutions. Her general health was good, though the cell in which she lived was narrow, unfurnished, and very damp. If any one attempted to prevent her fetching the cold water, she grew very angry—rather a singular circumstance for a person insensible to the influence of the elements—and yet a very common kind of singularity; for the author mentions several cases of a similar kind. This remedy has been too often employed not to wish it were more systematically in use.

When I find that Dr. Prichard, one of the most able and amiable men that ever thought or felt for his fellow-creatures, confesses that all the rules he can “offer on the subject of mental therapeutics, are only such as common sense and common discretion would scarcely fail to dictate,” adding, at the same time, that he knows “cases in which the lancet has been used where patients, labouring under delirium tremens, have been killed almost instantaneously by practitioners who were unaware of the nature of such cases; and when he tells me, that Pinel and Cullen entertained opinions on the propriety of bleeding in insanity, directly opposed to each other, it may perhaps be

deemed no very great violation of common sense and discretion, if, in conjunction with that rational mode of treatment, which happily is coming into more frequent use, I should, by chance, persuade a deranged friend to try, under proper precautions, whether a visit to the douche may not afford an agreeable diversion to his monotonous habits, and whether the little excitement produced by the novelty of its appearance, may not be succeeded by a wish to become personally acquainted with its soothing properties. The first step will not cost much—the remainder of the road may prove pleasant and salutary. Let but a douche be placed here and there, where practicable, in the grounds surrounding a lunatic asylum; and many a patient will feel “delight” in using it as an indulgence, when its benefits are explained to him. If the establishment at Gloucester should serve as a model, and no evil result from the disuse of leeches, cupping-glasses, blisters, the lancet, drastics, and head-shaving, other antiphlogistics may claim their place, and cold water be admitted as a candidate for the vacancy.

Dr. Prichard, it should be observed, approves of shower-baths, and cold affusions in some cases, and cites the authority of Dr. Rush and Pinel on this point. A case, treated by Esquirol with immediate success, as it is given by this writer, might be supposed to have been taken from the memoranda of a German water doctor: “The use of the shower-bath,” says Dr. Pinel, “is often followed by re-action, when the patient, if excitable, becomes violent.” This would seem condemnatory of the practice in these cases; though he subjoins a mode of proceeding by Mr. Foville, which tends to invalidate such a presumption, by removing the discouraging inferences it suggests. Foville placed the patient, for a considerable time in a warm bath, having by means of a cap, fixed a quantity of ice on the head. “On adopting it, as he was accustomed to do at first, only once in a-day, he found the tranquillity produced by it, followed not unfrequently by *increased agitation*; but, on repeating the bath, with the ice constantly applied to the head, *he has frequently succeeded far beyond his expectations.*” I might illustrate this by adducing cases, where, when delirium had supervened, a continuance of the application had, in cases of bodily disease, removed it:—but the case, taken by Beaupré from Corvisart, and already cited, is more to the purpose. Further familiarity with these phenomena shewed, it would appear,

that what were at first considered unfavourable symptoms, were indications of good results, to arise from increase of morbid action; and occasioned in the French physician's views, a change analogous to that which a German physician experienced under circumstances not very dissimilar. The case is narrated by himself in the *Water Friend*—as I have not that number by me, I must depend upon my memory for the short outline I can give of it. A lady, suffering from some nervous complaint, and of exceedingly excitable temperament, had been expressly forbidden, while under the cold water treatment, to use the douche. The injunction was disregarded. The disobedience of our first mother was followed by the threatened consequences. She was punished by an alarming state of fever, which came on soon after she had withdrawn from the forbidden water-fall. The doctor was sent for and subdued the arch-fiend, as is usual on such occasions, with wet sheets, and the other things in such case made and provided. Fresh and more peremptory injunctions were laid on the patient—now in better health than she had been previously to the transgression. A second relapse soon after took place, of moral infirmity and of physical suffering. Again, was the antiphlogistic put into successful operation, and again was the improvement in the rebel's general health perceptible. This second miracle opened the doctor's eyes. He allowed the douche to be used from time to time; and having, by the ordinary means, subdued the fever, as it successively arose, had the satisfaction, in a short time, of seeing the original disorder completely removed.

In whatever form it might be deemed expedient to employ cold water in treating this pitiable malady, it is to be hoped, that its use will be restricted to one object; and that the same remedy which is to calm the perturbed spirit will never become an instrument to compel obedience or coerce violence. I should deeply lament to see the douche, like the rotatory coach, “contrived a double debt to pay;” or the shower bath, such a servant of all work, as that chair, of which Dr. Prichard, who thinks such an apparatus of advantage for medical purposes, thus speaks: “The rotatory chair is also useful as a method of moral restraint. Its effects are so *disagreeable*, that the threat of a repetition has a salutary influence upon turbulent and untractable patients.” This is pretty much like giving a dose of senna and manna to a naughty child; a sort of discipline more

fit for the druggist to recommend, than for the parent to apply—and yet to be praised by the misopharmacist, as the re-action brings a healing hatred of medicine on its wings. We have the testimony of Mr. Hitch, of the Gloucester Asylum, to this “salutary influence” upon turbulence and intractability. “For acts of violence, occasional moral delinquencies, &c., we use with remarkably good effects the *surprise bath*.” Well does it deserve the name. It is admirably calculated to excite surprise. Mr. Hitch, however, keeps his word with his patient. “We assure the patient, on his first arrival,” he tells us confidentially, “that we consider him to be mad and shall treat him accordingly.” I must take care, however, what I say. If Mr. Hitch thinks to surprise his patients because they are mad, he may think me mad because I am surprised.

Dr. Prichard evinces a particular predilection for the circular swing, having mentioned it with due commendation more than once, and enforcing his praise by adding, that to threaten a repetition often obtains the same end; a pretty good proof that terror, the use of which he strongly disapproves of in other instances, plays no subordinate part in the patient’s submission. The cold shower-bath has a share in the doctor’s love; and he dwells, with no little complacency, on M. Foville’s mode of bringing this instrument of intimidation into play with the greatest possible effect. If, as he assures us, “refrigeration, thus produced, is a powerful sedative,” and “the lunatic, however boisterous and violent, becomes completely subdned,” how comes it that it has not been transferred from the penal code to the receipt book, and why should it not bring the mad-head as well as the wayward heart to reason? “M. Foville declares it to be a most efficacious, and at the same time safe and easy way of subduing the violence of the most intractable.” What more could a reasonable man wish for? would he have his patient fear what he has ceased to fear himself, and make the infliction of terror as safe and easy to his conscience, as it is to his convenience? It seems as if he would convert, what is thought to be dangerous in other cases, into something that shall be felt to be dreadful in these, and extract from cold water the only mischief it can do;—for surely it is mischievous to clothe a friend in the garb of an enemy, and force repugnance and horror into the place of more salutary associations. That hydrostatic gymnastics and gyrations, as preservatives of dis-

cipline and prophylactics of disobedience, may be employed with as much safety and efficacy for the sufferer as—no slight consideration—with ease for the executioner, few would be disposed to deny. But I must take the liberty to doubt if they are necessary; and, if I mistake not, the scepticism even of a layman on this point, would not be received with supercilious sneers at Hanwell in Middlesex, or at Hartford in Connecticut. If the end would justify the means, any sort of brutal economy might be defended in this way; rebellious school-boys might be flogged, like a top, into tranquillity, as recalcitrant mad-men are twirled, like a tectotum, into repose: and he who has borrowed his notions of discipline from Saint Yon, may take a lesson of decency from Eton.

It is not impossible that these tragic pschyeologists who would thus purge the soul by terror, may be somewhat surprised that Bacon and Baxter,—Sir Thomas Brown and Sir Matthew Hale, should have believed in necromancy, and argued for the existence of witches. Yet, perhaps, those who will be as remote from us in time, as we are from these worthies in talent, will be equally surprised that any well-educated Christian in the nineteenth century, should have given the most deadly poison to a sick man, in order to cure his body, and frightened a mad-man with cold water in order to calm his mind.

Among Esquirol's measures of coercion for lunatics, are some of more than equivocal propriety, and little in accordance with that feeling of humanity and good sense he exhibits in condemning "the rotatory chair and the bath of surprise." He finds, according to the *British and Foreign Medical Review*, January, 1840, "the douche-bath, long continued, cold effusions and certain privations, more than sufficient as means of repression, in the hands of a physician who knows how and when to apply them," &c. He approves of Pinel's method of compelling obedience by terror (*quelque appareil propre à effrayer*) when food is obstinately refused. He had, indeed, employed it himself with success. Let it not be called presumption to question the judgment of a man, who, though one of the kindest and keenest of men, is so little secure from prejudice, that he tells us there are fewer cases of madness in the United States of North America, and more of suicide in England, than elsewhere; both assertions being opposed to statistical facts; congratulates his countrymen on curing insanity more frequently than England with

all her boasting; and praises the King of Saxony for condemning suicides to dissection in the public amphitheatres. Fallacious as numerical tables may be, in these and similar matters, it must ever be a painful spectacle to right-minded men, when the relative amount of misfortune is made a point of national honour, and those sciences, which should unite communities, are employed to separate and estrange them.

Some kinds of disease, upon which Priessnitz is disinclined to try his powers, have been successfully treated by Weiss of Freiwaldau, near Gräfenberg. Among these is epilepsy, which the latter, who is now in London, and will shortly give the *Medical and Chirurgical Reviewer* an opportunity of putting his disinterested threat into execution,* has declared (in the *Water Friend*,) not to have subdued in such a number of cases as would warrant a hope of success at all approaching to that which may be indulged in in other complaints. Yet a passage in Esquirol's work on *Insanity* would seem to point out epilepsy, in some of its forms, as peculiarly suited to this method. "Epilepsy," he says, "which is seated in the absorbent system, and arises from the *suppression of perspiration, of gout,*

* An attempt is made in this Review to frighten the water cure from our shores, by holding up the fate of St. John Long against it. The bad taste which pervades this article I pass over; I would observe, however, that the same number of this journal which warns us against this dangerous monster, claims for a medical traveller, who says not a word about danger, the merit of priority in announcing its existence to the "pensive public." Whether he is to be blamed for omitting what is so considerably pointed out by the Reviewer, or praised for not mentioning what disfigures the treatment of disorders to which he is reputed to have dedicated so much of his own time, I leave to be settled between Dr. Johnson the critic, and Dr. Johnson the traveller,—merely assuring the former that he is wrong, in supposing Dr. Ure had recourse to homœopathic remedies from any motive but that of satisfying the importunities of others. It was rather an odd concurrence, that at the very time this amiable old man was held up to ridicule in a professional publication, he was deriving the greatest benefit from the practice which its writer was endeavouring to render odious. Dr. Ure, however, is too well known to require an unauthorised vindication: and I am too little known to offer any. I was with Weiss, who is spoken of above, and who is considered a very able man, for two or three months, having left Gräfenberg in consequence of what I considered a discourtesy. Priessnitz declined any remuneration for his services during my three weeks residence. Weiss was equally liberal. But the same delicacy which suggested acquiescence in the former case, forbade it in the latter. Such are these men who are accused of plundering their dupes!

of ulcers, and other cutaneous eruptions, requires a mode of treatment calculated to restore these different affections. Hence it has been recommended to place the patient in a cow-stable in cases of suppressed perspiration. M. Landré Beauvais has made experiments with this object at Salpêtrière. Four beds were made up in a stable containing four cows, and were occupied for many months by four young epileptics. Others succeeded to their places. No result whatever followed; whether it was owing to difference of climate and of diet, that what succeeded elsewhere failed with us, we can easily conceive that *any treatment which would tend to re-establish perspiration would be beneficial in diseases occasioned by an interruption of that function.*" I need not ask why more perseverance and system were exhibited with these patients at Salpêtrière, than with their less afflicted fellow-sufferers at the Hotel Dieu; or for what reason the latter were to be sent down to the sea-side for the completion of a cure already near its end, while no one thought of country air, and country cows for the former. Those who can allow such medical mountebanks to deceive them are to be classed among the simpletons who think "the pleasure is as great of being cheated as to cheat."

The *British and Foreign Medical Reviewer* speaks in terms of high commendation of those Asylums in which habits of industry are encouraged, and employment afforded to the inmates, as consulting the health equally of body and of mind. What would he say, if such occupations were enforced as modes of punishment? If the wheelbarrow were substituted for the cold-bath, and the lunatic were chained to the dung-cart, instead of being pinned down under the douche, would not, in many cases, the temporary effect produced be that of subduing the refractory and taming the disobedient? Yet experience has shown, that they may be used for far better ends than any that the most rigid observance of discipline could produce. Is it not somewhat inconsistent, to make the same instrument serve as a therapeutic and a pædagogic? to purchase the temporary benefits of a subdued disposition at the price of diminished confidence and increased suspicion? It seems impolitic to prejudice the insane against treatment that may afterwards be thought appropriate to those kinds of sickness to which they are liable in common with others, and to prepare their minds for repugnance and resist-

ance, where the co-operation of the will contributes not a little to the efficacy of the remedy.

The Reviewer himself doubts of the propriety, and even of the success with which M. Fleuret applies the douche for the purpose of curing lunatic patients of their hallucinations—a treatment employed by him in numerous cases; the recanting of the offending illusions being, it seems, considered by him to be a cure. Perhaps M. Fleuret might be cured of his own hallucinations in this manner; and the doctor take the douche at the same time with his patient. Perhaps, too, these very lunatics, were they free to act for themselves, might, in one of their hallucinations, be induced to seek relief from their sufferings in these experiments, and rush to the douche with as much eagerness and “delight,” as Bladud’s hogs to the hot-springs which have immortalised their owner’s name.

Those who say that none but a madman can cure a madman, are not altogether superficial observers. The maxim has something better than point at the end of it. Even the wisest and best of men, who have never been mesmerised by dyspepsia, nor felt the magnetic influence of hypochondriasis, are but fallible judges of mental aberrations: the sympathies of the intellect are less attainable than the sympathies of the heart: and the most skilful physician of the mind is liable, when trying to enter into his patient’s ideas, to be less logical, because he cannot lay aside his reason, than the other, who is supposed not to possess it. In Dr. Conolly’s first report of *Hanwell Lunatic Asylum*, is a passage that very remarkably evinces the accuracy, with which insane persons reason in cases where the full enjoyment of intellect cannot secure an acute observer from error. “A few present,” he says, in reference to attendance at Divine service, “examples of religious conceit. Several consider themselves to be divine persons. One asserts that he is the Almighty, and refuses to go to chapel; although he rings the bell very diligently.” There is no kind of inconsistency in this patient’s conduct. His premises are false, or he would not be where he is: but his conclusions are correct, or he would not remain there long. He fancies he is the Deity, and refuses to worship himself; while he rings the bell, that others may come to worship him. He must laugh at those who invite him to chapel, as compliance would be a confession of the very thing he denies. He would not, in the course of argument,

allow Dr. Conolly to beg the question of his derangement; then why should he gratuitously grant it?

The conduct of this lunatic, is not dissimilar to what is related of a Frenchman under the very same hallucination. The story is to be found in the "*Life of Latude*," who was released from the Bastile, through the heroic exertions of a stranger, Madame le Gros, after he had been confined thirty-five years in various prisons. At Charenton, he met with a military man, who imagined he was God. "He attended regularly at mass; but turned his back at the elevation of the host; I often reproached him for so doing; his answer was, *I cannot bear to see myself eaten alive.*" It is plain from this, that he was a mere spectator, he was more logical than Latude, he reasoned right from false premises; while the other reasoned wrong from right premises. There were, in the same prison, two others—the King and the Dauphin. Latude begged them to settle their claims with each other; when the latter exclaimed, with a shrug of the shoulders and a look of pity—"you see the man is mad!—why do you contradict him?"

Dr. Conolly's judicious treatment of insanity at Hanwell, where, among nearly 1000 patients, coercion has proved an unnecessary instrument of discipline, is the more worthy of praise, as the principles on which it is based were received with sceptical coldness by those self-appointed arbiters, who too often decide for us how we are to think and act in our respective callings. "We are doubtful," says the *London Medical Journal*, 1830, "of the utility of this work as an instructive volume to the medical student, the great point to which every writer should aspire. We fear that, when the practical inquirer, who has consulted previous authors on the subject of insanity, rises from the perusal of these "considerations," (the work reviewed) and reflects upon what he has read, he will not find that much additional information is impressed upon his mind which can serve him in the actual performance of his professional duties." Let us hope that a similar refutation awaits the opponents of other innovators!

A patient was placed under Dr. Currie's care for a species of insanity, which benevolent minds who have not sufficiently reflected that the chances of individual welfare are in an inverse ratio to the intervention of governments, are too apt to fall into. He had taken

it into his head, to fancy that he was blessed with the gift of making mankind happy, and that he was empowered to exercise it. "In occasional discussions of his visionary projects," says Dr. Currie, in one of his letters, "I had urged of my own suggestion, the objection, that, when men became so happy as he proposed to make them, they would increase too fast for the limits of the earth. He felt the force of this, and after much hesitation, proposed a scheme for enlarging the surface of the globe, and the project of an act of Parliament for this purpose, in a letter addressed to Mr. Pitt, very well expressed and seriously meant," &c. Now here it may be observed, that there was no incompatibility between this supposition and the lunatic's mission. He would, probably, have replied, at the next interview, that men may multiply too fast, as well when they are miserable, as when they are happy; and that the same Being that had made men to be happy, could not have made a law that should make them miserable. It could not reasonably be expected, that a change of conviction would be produced by shewing, not that an imaginary privilege did not exist, but that the fancied privilege of doing good was a real privilege of doing evil. Thus far, however, no harm was done. The doctor was one of those, whose happiness was under the peculiar care of the philanthropist: and, till the latter had been made to see, that he had, without a miracle, as much power to make mankind happy, as is consistent with the condition of our nature and the will of the Creator, it is not very likely that the hallucination would vanish. Let us, however, attend to the sequel. *Malthus's Essay on Population* was put into his hands. "It was given to him"—continues Dr. Currie "last autumn; and he read it with the utmost avidity and seeming attention. In my visits, *I did not mention the subject* to him, but desired the keeper to *watch him narrowly*. After finishing the perusal, he got pen, ink and paper, and sat down, seemingly with an intention to answer it, or to write notes upon it. But he did not finish a single sentence, though he began many. He then sat down to read the book again, aloud, and finished this second perusal in a few days, not omitting a single word, but stopping at times and apparently bewildered. I now spoke to him and introduced the subject; *but he was sullen and impatient*. He became very thoughtful, walked at a great pace in the airing ground, and stopped occasionally to write, if I may so speak, words; but

more frequently numbers, with a switch in the sand. *These he obliterated as I approached him.*" The result of this internal struggle about a question, which men, who have not the same excuse, settle by arrogating to themselves the same knowledge of the Almighty will, terminated in a confirmed melancholy; and the patient died shortly after. "At the moment I write this," adds this amiable writer, "his copy of Malthus is in my sight, and I cannot look at it but with extreme emotion. I have no doubt that he perceived sufficiently the force of Malthus's argument, to see the wreck of all his castle-building, and that this produced the melancholy catastrophe." It is more probable, that the sensitive lunatic saw the trap that had been laid for him; and, interpreting the forced silence of his communicative physician into an unkind participation with the supposed plot against him, withdrew his confidence from the only friend with whom he had hitherto conversed without reserve, and yielded up his discontented mind, an irretrievable prey to itself.

Ipse suum cor edens, hominum vestigia vitans.

The cold-water treatment was applied in France, for the cure of lunacy, not long ago in a very summary manner. After the patients had been bled two or three times in the spring and autumn, they were "tumbled neck and heels" into a river or a reservoir. "If any of them escaped this thoughtless experiment, a miracle was proclaimed." Blood was shed, as Esquirol expresses himself, *à grands flots*, "and the fainting that ensued was called a cure." The rule was, that the blood, when too hot or too abundant, must be cooled and evacuated. These good old days are now over; Esquirol says that some lunatics pass weeks and months without sleeping; and that narcotics do more harm than good. Exercise, diet, &c. are useful here; and baths, tepid and cold, have been found of service and *without danger*,—a consideration that seems never to be lost sight of. It is not said, whether the temperature of the body had been raised by artificial means—probably not, as, in one case, twelve hours were required to get rid of the shivering fit consequent upon the immersion, an event that could hardly have occurred, if precautions had been taken to insure the re-action. Electricity was tried on a great number of lunatics at the Salpêtrière, and succeeded but with one. It was said to have failed less frequently at other places. Hydriatics

have the same recommendation and can scarcely be less efficacious. Maniacs are said to be more violent in hot weather, and become calm in cold; while cutaneous eruptions, when artificially excited, have been found to cure, as their suppression had caused, the complaint. Ulcers, which when stopped, occasion insanity, cure it when they return, as art heals diseases by renewing former excretions. Esquirol, after pointing out the sympathy which exists between disordered functions of the skin and of the brain, says he had attempted to bring on something of the kind with a soldier who was insane, and paralytic, but succeeded, neither in curing the disorder, nor in producing the eruption. This man would no doubt have trembled at the sound of a waterfall; though he might have marched up fearless to the mouth of a cannon:—so different are the dangers arising from fire and water. Gardanne, he tells us, maintained that insanity could be cured by inoculating with the small-pox. Salivation is a frequent symptom, and ineffectual efforts are often made to expectorate. Constriction in the throat or spasms of the salivary glands, which are the cause, are considered by Pinel and others, as well as by Esquirol, to be sometimes critical. It is the same with affections of the lacrymal glands. The return of the perspiration, when it has been suppressed, determines madness more frequently than is generally supposed; and, as the skin of the insane is, in many cases, perceptibly in a state of erethism, these, and other symptoms of the same kind, which might be adduced, seem to indicate the hydriatic treatment—if that feeling, which Cicero assures us, is the great enemy of human happiness, could be removed from the physician's mind who seems to have so large a stock, as to transfuse it, *pro re natâ*, into that of the patient. Fear, indeed, is expressly mentioned by Esquirol, as a therapeutic —“one can imagine,” he says, “what an impression must be made on a patient who falls suddenly into cold water, and is afraid he shall be drowned.”

Speaking of melancholy with delirium, the above mentioned author considers no cure can be depended upon that is not preceded by some commotion—some crisis, physical or moral. “I always suspect recovery if no anterior crisis has been observed. These crises, as in other kinds of insanity, are very numerous; sometimes they show themselves in the skin, by the return of perspiration, furuncles, &c., examples are to be found in every author; sometimes by habitual

hæmorrhages, that had ceased, and sometimes by mucous, dark secretions, &c. These last are more frequent than the other; they are pointed out by writers on this subject, and may be provoked by artificial means with the greatest success." Hippocrates, Lorry, &c., are here quoted. The author, in another passage, relates the case of a furious mania, who, after she had been seven months in the hospital at Salpêtrière, had an eruption, which extended itself rapidly. The delirium diminished, and, at the end of a month, had almost ceased entirely. "Wishing," says he, "to relieve her from this tormenting eruption, I made her take sulphur baths, and a bitter tisane. After she had taken four, the eruption was less and the delirium returned. The baths were discontinued; but, a few days after, the patient, who was in a state of great debility, died. On opening the body, no lesion was found in the cranium, and the lungs were diseased. It is probable that, if I had contented myself with keeping up the patient's strength, the eruption would not have disappeared; the crises would have been completed, convalescence would have proceeded regularly, and she would have recovered. This confession will be excused; I wished to show how important it is not to interrupt critical efforts." No excuse is necessary for a confession so honourable to the author.

The reader has seen, in the former part of this work, how the delirium attendant on fever has saved the lives of those, who have been lucky enough, in a moment of paroxysm, to break away from their attendant and rush into cold water. No one, it is to be presumed, would suppose that they were naturally more insensible to cold than himself, under similar circumstances, however slow he might be in drawing any conclusion from such an event. Yet, when lunatics, under the same impetus, find the same relief from their sufferings, they are said to be insensible to influences at the very moment they are irresistibly urged by their sensibility to seek them, and this simply from the false associations their condition excites in the mind of the observer. To sympathise bodily, is almost as difficult as to sympathise mentally with them; and we are scarcely more prone to suppose they are devoid of reason, than to suppose a difference in their organic impressions.

"The instinctive desires or aversions of persons labouring under *any species of disordered functions* have been justly considered," says

Dr. Sanders on Mineral Waters, "as deserving of the highest attention from the physician, and, in most cases, when present, will furnish him with useful hints for his treatment of the patient. In acute diseases, the thirst after water is peculiarly remarked, as a characteristic symptom and one that is sufficiently constant to be a basis of nosological description; and it is to be observed, that here the wishes of the patient, are directed towards water alone, and that too of the most icy coldness that can be procured. Thirst, therefore, is a direct instinctive indication of increased heat, and want of dilution, and this is so uniform, that the degree of fever may often be pretty well estimated by the eagerness of the sufferer after cold drink." The writer speaks here of patients who retain possession of their intellectual faculties. A very different language is spoken of those to whom "misfortunes come not single-handed" and who have lost both health of mind and health of body.

"We are continually told," says Esquirol, "that maniacs, devoured by internal heat, can bear the severest cold. This observation, too generally applied, has been of very serious consequences to lunatics. No doubt, in a great number of maniacal paroxysms an intense heat is developed. The patients feel a burning heat sometimes in the head, sometimes in the abdomen, sometimes on the skin, which is parched and dry. There are some of them who declare they feel a flame of fire circulating through their veins—hence many consider it torture to be confined in a narrow and hot room, and to be kept in a bed covered with blankets. Can we be surprised that they prefer lying on the floor and even upon the stones? Some we see, tormented by a devouring fire, unable to bear the lightest garment; and though in a state of nudity, still looking out for something to cool them. Some we see grasping snow by handfuls, and with delight making it melt on their bodies, or breaking the ice on ponds and rivers to plunge into them. It is not uncommon in the hospitals to see men and even women lie down naked in cold water, or place the body and particularly the head under a stream from a fountain of water. Some entreat to have a douche of cold water poured upon the head. One night, a maniac became furious, and raved out in the most horrid manner. At two o'clock in the morning, I ordered the douche to be administered; and while the cold water fell on his head and inundated his body,

he seemed to be gratified and delighted, thanked us for the relief we gave him, became tranquil, and passed the rest of the night in profound sleep." What is the inference drawn by the narrator from this interesting case? "We must, *however*, be very careful not to conclude that all maniacs are insensible to cold. It is true they bear a cold temperature more easily than others, because they take more exercise, and because more caloric is developed in them: but it is certain that they are affected by very severe cold; and that, in winter, particularly at the end of a paroxysm, the sick suffer and die, if not secured against the rigours of the season." I need not say that the observations I have presumed to offer do not apply to these last mentioned cases. As for the other, I know but too well how true this picture is to life. We should not fancy the mad insensible to cold, if we were not insensible to their sufferings. By insensibility, I mean want of physical sympathy.

"A young medical man," says Dr. Seymour, "was attacked with symptoms of inflammation of the brain, while pursuing, with great ardour his professional studies; and, being a medical man, he was, of all others, the most difficult to treat. Notwithstanding the intense pain in his head, he resisted remedies. Venesection he would not submit to; leeches he had an objection to; calomel he thought produced inflammation and ulceration of the mucous membrane of the intestinal canal; it was proposed to pour cold water from a pitcher over his head: the consequence was diminution of pain, quiet sleep, and in fact, so beneficial an effect, that the patient himself frequently called for a repetition of the remedy. I saw this patient several times; and the impression on my mind was, that to this remedy, and to this alone, he owed his life in that attack."—*Observations on the Medical Treatment of Insanity*, p. 70.

It is not very clear whether the difficulty of treating medical men, here spoken of, is confined to cases of lunacy or not. Perhaps the antipathy may be one of the symptoms of this disorder; the tendency of which, we know, is to pervert the natural affections, and make us hate those objects we were most attached to before. It may be observed here, that cold water is called a *dangerous* remedy, by the same figure of speech which we use when we call wine or porter a *strong* drink; and with the same propriety. Let us compare the average duration of life among those who shun cold water, because it

is dangerous, and of those, who indulge in wine, because it is strong, with that of those who have neither the same fears, nor the same hopes—the Tectotalers and the hydrophilists—and we shall be better able to comprehend the meaning of these epithets.

Almost all those kinds of moral insanity which are characterised by an irresistible inclination to homicide, incendiarism, or self-destruction, are connected with functional disorders of the body, and these have been found to yield the most readily to the hydropathic treatment. To give but one instance—in the pellagra, (a species of leprosy,) according to some Italian writers, one-third; according to others, one-half of the patients destroy themselves. The same proportion is observed in France, among those who labour under delirious melancholy. Esquirol, who mentions these facts, says, the pellagra arises from some disorder in the digestive organs, and becomes afterwards complicated with cerebral and cutaneous affections.

If it be objected that it would be impossible to obtain from many lunatics a sufficient degree of submission and docility to render hydropathic treatment applicable, it may be answered, that a skilful physician would as easily master the will in such cases, as Pinel, when he, for the first time, unchained the most furious maniacs; or as the present inmates of the Hanwell Asylum have yielded to the persuasive enforcement of gentleness and kindness; or as the citizens of Gheel, near Antwerp, have contrived to keep up an uninterrupted discipline among the hundreds of lunatics, who roam at large about the district. When Esquirol expressed to one of the inhabitants of this remarkable place, his apprehensions of the danger he incurred from the violence of these sojourners among them, the man laughed at him, and said, “you do not know what sort of people these are, I am not a strong man myself, but the most furious is powerless with me.” “These lunatics,” Esquirol adds, “never frighten women or children, and the villagers, with whom they lodge, live among them in the most perfect security.”

To any one who has read *Hibbert on Apparitions*, or other works explanatory of the illusions to which the human mind is liable from the morbid influences of the auditory, visual, olfactory or other nerves, on its perceptive and active powers, it would be unnecessary to point out the connexion that exists, by sympathy, or whatever the medium of reciprocal communication may be, between these organs

and the vascular system, or the digestive process. With many, these hallucinations, which too often pass by the name of eccentricities, or idiosyncrasies, are the incipient stages of intellectual derangement; in others they lie buried in the deep recesses of prudence or self-command, or appear but at intervals through an existence of continuous struggle or of alternating extremes; among such are the venerated names of Pascal, Cowper, Johnson, Swift, and others, who were thought to pay the envied penalties of genius, while they were paying the bitter penalties which the neglected body exacts sooner or later from its inattentive companion. The reader's reflections will be a better commentary to these painful allusions than a repetition of what I have so often insisted upon.

Neglect of early symptoms, and the prejudice which attaches disgrace to this humiliating infliction, have co-operated in multiplying the causes of its continuance, if not of its extension. Few are probably aware of the proportion which the insane bear to the rest of the population in different countries, or would be willing to believe, that those refinements, which characterize the progress of society are accompanied by a diminution of one of the severest scourges which it is accused of producing. There is one insane person in every thousand throughout Europe:—in Wales, one in 800—in Scotland, one in 574—and in America, one in 262. Esquirol found in 472 cases, thirteen from excess of study—100 from other excesses, and ninety from ill-regulated sentiments. In 1000 cases, according to Gorget, 470 were of irregular morals, 106 drunkards, twenty badly educated, and twenty-five intemperate in mental exertion. “One-half of the cases of insanity,” says the *British and Foreign Medical Review*, of Browne on Lunatic Asylums, “arise out of crimes, folly, and ignorance.” It is a very old fallacy, that much learning makes men mad. Such fancies are very pardonable in half-civilized ages, when many of the learned encouraged a prejudice which impressed rude minds with a superstitious respect for their persons, and when common sense was thought fit for common people alone. When Pope, however declared, like a true poet,

“Great wits to madness nearly are allied,
And thin partitions do their bounds divide,”

he confounded the use with the abuse of intellectual endowments, and attributed to the mere possession of genius those aberrations

which it was given to subdue or prevent. Statistical facts have proved, that insanity is a weed that flourishes where the soil is uncultivated, or where there is no rotation of crops. "Some curious facts," we are informed by Dr. Pritchard, "develop themselves in regard to the frequency of madness and idiotism in different ranks of the community. Of the 14,000 insane, calculated to exist in England, or of the 12,547 ascertained, not fewer than 11,000 are paupers, maintained principally at the expense of the parishes. A most remarkable difference is found in the proportional number of lunatics in agricultural and manufacturing districts. Previous to inquiry, we should conjecture, that the causes of insanity would have more influence, and the disease be more prevalent, in a manufacturing than in an agricultural population; but the contrary is the fact. Thus in twelve counties in England, of which the inhabitants are chiefly employed in agriculture, the entire population being 2,012,979, the insane amount to 2526, giving about one lunatic to 820; while in twelve counties, where the majority of the inhabitants are otherwise employed, including Cornwall, where a great number are miners, the entire population being 4,493,194, the insane amount to 3910, or nearly as one to 1200. In Scotland, and in most of the Welsh counties, the population is chiefly agricultural, and this may, perhaps, account for the greater proportion of lunatics in the population of those parts of the island." A glance at this digressive sketch will show us how important an object it is to increase the number of reasonable beings in a country, where the majority of those who make the laws is agricultural, and the majority of those who obey them is commercial.

The annals of literature present but too many examples of that dreadful punishment which inattention to the bodily functions inflicts in some way or other on the mind of the transgressor. The partial derangement to which Cowper the poet was subject, and the hallucinations by which his gentle spirit was tormented, were intimately connected with a disordered state of the digestive organs. The Rev. Dr. Johnson told Dr. Currie, "that Cowper firmly believed that good and evil spirits haunted his couch every night, and that the influence of the last generally prevailed. For the last five years of his life, a perpetual gloom hung over him—he was never observed to smile. I asked Johnny," (Dr. J.) says Currie, "whether he suspected the people about him of bad intentions (which seems to

me the Shibboleth of insanity), and he said, that he very often did. ‘For instance,’ observed he, ‘he said there were two Johnnies; one the real man, the other an evil spirit in his shape; and when he came out of his room in the morning, he used to look me full in the face, inquiringly, and turn off with a look of benevolence or of anguish as he thought me a man, or a devil.’ *He had dreadful stomach complaints, and drank immense quantities of tea.*”—*Letter of Dr. Currie to Mr. Roscoe.* Dr. Johnson’s and Pascal’s eccentricities may be traced to the same cause; and the visions of Tasso, Swedenborg, and others, may be explained on the same principle. In such cases, a reciprocal sympathy exists between the functions of the skin and those of the brain. A copious discharge of perspiration, it is well known to those who suffer in this way, has an instantaneous influence upon the feelings; dispelling melancholy by cheerfulness, and substituting a soothing calm in the place of a most distressing irritability. A memorable instance of this may be seen in the memoirs of Baron Trenck, who, by means of as violent exercise as the place and mode of his confinement would admit of, contrived to drive away the foul fiend that had nearly driven him, in an attack of indigestion, to self-destruction. Cold water in most of these cases will be found, when judiciously applied, to act as it were by magic; and we have good ground to hope, that with every successive experiment, the weight which oppresses the intellect will be lessened, and the new ideas which spring up in the mind will gradually acquire sufficient strength and consistency to expel the incongruous associations which lay an inscrutable spell upon its powers, and obstruct its healthy action. Sir Walter Scott too, would have paid the same penalty for the temperament of genius, if he had not, with his habitual good sense, corrected its acrid disposition, by sweetening the blood with pure draughts of mountain air, and expelled its bad humour through the skin. I insert a passage from his diary, under the date of March, 1826. It shows that hyoscyamus and calomel had made him somewhat of an anti-pharmacist, in spite, or in consequence, of that principle of “adaptation,” by which poisons were created for diseases, as “rivers were created to feed canals.”

“What a detestable feeling this fluttering of the heart is! I know it is nothing organic, and that it is entirely nervous; but the sickening effects of it are dispiriting to a degree. Is it the body

brings it on the mind, or the mind that inflicts it upon the body? I cannot tell; but it is a severe price to pay for the *Fata Morgana*, with which fancy sometimes amuses men of warm imagination. As to body and mind, I fancy I might as well inquire whether the fiddle or the fiddle-stick makes the tune. In youth, this complaint used to throw me into involuntary passions of causeless tears. *But I will drive it away in the country by exercise.* I wish I had been a mechanic: a turning-lathe, or a chest of tools, would have been a god-send; for thought makes the access of melancholy rather worse than better. I have it seldom, thank God! and, I believe, lightly in comparison of others.

It was the fiddle after all that was out of order, not the fiddle-stick; the body, not the mind. I walked out, met Mrs. Skene, who took a round with me in Princes Street. Bade Constable and Cadell farewell, *and had a brisk walk home, which enables me to face the desolation here with more spirit.* News from Sophia. *She has had the good luck to get an anti-druggist in a Dr. Gooch, who prescribes care for Johnnie instead of drugs, and a little home-brewed ale instead of wine; and, like a liberal physician, supplies the medicine he prescribes.* As for myself, since I had scarce stirred to take exercise for four or five days, no wonder I had the mulligrubs. It is an awful sensation though, and would have made an enthusiast of me, had I indulged my imagination on devotional subjects. I have been always careful to place my mind in the most tranquil posture which it can assume during my private exercises of devotion."

The deplorable inclination to shed blood, too often selects for its victims those persons who are the most endeared by the nearest ties to the sufferer. It does not require, in such cases, to be a physician, for a by stander, when informed that an invalid has exhibited symptoms of alienation, or dislike, to the objects of his former love, more particularly if any disorder has been, from whatever cause, arrested in its natural course, to see at once the necessity of keeping all dangerous weapons out of his reach, when it can be done without rousing the latent demon of suspicion within. A medical man very recently told me of a case of this kind. He was sent for by a woman, who said to him, on his entering her room, "I am distressed beyond measure by the horrid thoughts which torment me; that child you see there, (pointing to an infant,) is as dear to me as life itself; yet, since I

heard of a mother cutting off her baby's head, I feel irresistibly impelled to follow her example." The surgeon, observing that she was labouring under a plethoric affection, immediately applied his lancet, till she nearly fainted ; when she burst into tears, and embracing the child, declared that she no longer felt the dreadful temptation. It is easy to conceive that a struggle of such a nature might terminate in suicide ; and that, to save his children, an affectionate parent should destroy himself. I mention this case, not that it may be supposed cold water would be useful here, for it might be fatal where plethora exists ; but to show how relief to the body is relief to the mind, and to suggest the employment of hydriatics for the former, when the latter is suffering from a morbid condition of the affections.

He who would present us with a manual of preventive medicine, based on a competent knowledge of those laws which regulate the relations of our physical organs with the mind within, and the world without ; who would both point out the benevolent design of those uneasy feelings which indicate, in their multiform diversities, the efforts of nature to counteract functional disturbance, and explain how the simple element, of which so much has been here said, may be employed most safely and most effectually to afford what seems an invited co-operation, would do more to benefit mankind than the most ambitious conquerors, or the most selfish rulers have ever done to afflict it. To say there are some diseases of which no man can undertake the cure himself, would be to beg the question. No one can deny that such exist now and are likely long to exist. The question is, would they under the system contemplated exist to such an extent as to render the hope of reducing them within a narrow limit, a mere chimera. To assume as an insurmountable obstacle to reform the results of what is to be reformed, is better policy than logic. It may be that we are as unfit to take care of the physical, as we are of the political body : but that very inability affords an argument for self-management. We are ignorant because we rely upon our physicians ; and we rely upon our physicians because we are ignorant. Half the time we now spend in acquiring useless knowledge and wrangling about unintelligible dogmas, would, in all classes, suffice to obtain that acquaintance with the conditions of healthy action in mind and body, which would render us ten times

more fit to perform the work we are sent hither to do, and not less willing to cultivate the affections we are commanded to interchange. I cannot more appropriately conclude this inadequate attempt to vindicate what may prove an invaluable discovery, from what I think the unfounded aspersions of a party less solicitous for the good it will convey to others, than for the injury it seems to threaten to themselves, than with a passage from Hufeland's work on longevity—an author who would not have looked down with jealousy or contempt upon a practice which accords with his most cherished opinions, and holds out a hope of giving an enduring reality to his fondest wishes.

“ We must consider our skin not merely as an indifferent covering against rain and sunshine, but as one of the most important organs of the body; without the incessant activity and permeability of which there can be neither long life nor health; and the neglect of which, in modern times has been the unsuspected source of innumerable diseases and modes of shortening existence. Would I could impress what follows with due weight on my readers, that more attention might be directed to this organ and its better employment! The skin is the greatest instrument for purifying the body. It evaporates, through millions of small vessels, imperceptibly and unceasingly, a vast quantity of corrupted and wasted particles. This excretion is inseparably connected with the maintenance of life, and the circulation of the blood; and by far the largest part of what has been consumed in the body is withdrawn through this channel. When it is obstructed or inactive, corruption and acrimony in the juices are the inevitable consequences. Hence, in particular, arise the worst kinds of cutaneous diseases. The skin is besides the seat of sensation—the most generally diffused of all the senses—that sense which places us in closer connexion with surrounding nature, and especially with the atmosphere, and the condition of which determines, for the most part, the feeling of consciousness and of our relation to external matter. Hence the degree of susceptibility to disease, depends very essentially upon the skin; and he whose skin is relaxed or inert, is in general so delicately susceptible of the slightest change of weather, that he feels every breath of air in the most unpleasant manner and becomes at last an unerring barometer. This is called the rheumatic constitution, and arises chiefly from want

of tone in the skin. Hence too that tendency to perspiration which is equally contrary to the natural state of the functions and exposes us to constant colds and indisposition.

It is here too that the forces and movements of the body are preserved in equilibrium. The more active and open the skin, the more secure are we against congestions and disorders in the lungs, the intestines, &c., and the less disposed to gastric fevers, hypochondria, gout, &c. These diseases are so prevalent among us, chiefly because we do not clean and strengthen the skin more frequently by baths and other means.

In addition to these considerations, the skin is one of the most important means of renovation to the body, as it extracts, for its use, a great number of minute and subtle ingredients from the air. Without a healthy skin, therefore, no complete renovation,—the first principle of longevity, is possible. Want of cleanliness degrades man, both morally and physically.

Let us besides, not forget that the skin is the principal organ of crises: that is, of nature's efforts in diseases; and that he, whose skin is open and properly active, may feel much more assured in such cases of speedy and perfect recovery, and may often get over them, even without medicine. No one would deny that such an organ must be the chief support of health and life: and it is, therefore, inconceivable how, of late years, and among enlightened nations, the attention due to its condition should have been so thoroughly neglected:—and we even find that, instead of doing any thing for it, we rather strive, as it were, from infancy, to obstruct, and relax, and main it. A very large majority of human beings never receive the benefit of a bath, except at baptism, during their lives. The skin becomes every day more obstructed by perspiration and dirt, debilitated by clothes, furs, feather-beds, &c., and injured by confined air, and a sedentary life, and I think I may say, without any exaggeration, that, in our part of the world, the skin, with most people, is half stopped up and inactive.

I may here be allowed to point out an inconsistency which has nothing to plead for itself, but that it is not singular in human life. In the case of horses and other animals, the commonest man is convinced that due attention to the state of the skin is indispensably necessary for their health and life. A groom foregoes sleep and every

thing for the purpose of currying, and watering, and cleaning his horse. If the animal gets lean and weak, the first idea is, whether the skin has not been somehow or other neglected. If his child, however, or himself, is sick, this simple reflection never strikes him. Is it feeble, and wretched, or wastes away, and has what are called worms in the skin, (all arising from dirt) he thinks rather of witchcraft and other absurdities, than of the real cause:—so reasonable and clear-sighted are we for beasts; why are we not so for men?

The rules which I would lay down for keeping the skin in a healthy condition, are very easy and simple; and if observed from infancy, would greatly conduce to longevity. Among these rules are particularly recommended, daily washing of the whole body with cold water, and subsequent friction.

Speaking of that sort of clothing which is most salutary, he goes on to say, “many physicians have lately advised woollen instead of linen clothing next the skin. As this is a point of universal importance, I will state what effects it has upon the body, and how it is to be used. By its greater excitement, it keeps up the action of the skin, and promotes perspiration more than linen. Hence it extracts more morbid matter in the skin, and increases its sensibility. Wool is a much less powerful conductor than linen, and therefore serves to keep up a greater degree of warmth on the surface, and in the whole body. When made up into porous cloth, it is preferable to linen, partly from this porosity, and partly from its warmth, because it discharges the evaporated matter, or, the same thing, hinders it from being converted into moisture upon the skin. Linen, on the other hand, being less warm, and of thicker texture, causes the evaporation to become fluid. Hence when clothed in woollen, though perspiring freely, we remain dry, while in linen we are wet.

The evaporation of our body is the great instrument given it by nature to cool itself. Hence every living body has the wonderful property, not, as dead bodies, to take the degree of heat in the surrounding medium, but to give and modify the degree of its own temperature. The more freely we thus evaporate, the more uniform is the degree of warmth, and the more easily are we able to throw out the superfluity whether arising from within or without. This is the reason, why wool, though warmer to the skin, prevents by the freer development of the general perspiration, the internal inflamma-

tion, by preventing superabundance of blood, better than linen. And this explains why, when the nerves of the skin are habituated to the irritation, we feel less hot in summer when dressed in woollen, than when we are dressed in linen; and why, moreover, cotton and woollen dresses are usually worn in the hottest climates." The author proceeds to say, that wool, being a worse conductor of electricity, is more suited to the human body, and lays down certain rules for its employment, according to age, constitution, &c. His opinions upon this subject have been amply confirmed by facts that have subsequently taken place in our African army; where it was shewn, that, under the same circumstances the number of deaths in a body of troops, that had worn flannel, was much less than in another equally numerous that had worn linen, next the skin.

Claudite jam rivos, pueri, sat prata biberunt,

I may, now, bid farewell to the "gentle reader,"—with an earnest hope, that nothing here written will give a moment's pain to any honest mind; with a sincere promise of making reparation where I may have been guilty of discourtesy: and with a heartfelt wish that all good men would unite in punishing imposture and alleviating misfortune—in exposing injustice however lofty, and rewarding merit however lowly.

APPENDIX.

“THE trappings” of a hospital “would set up an ordinary” cold-water establishment. By trappings, I mean medicine, wine, &c. It would be worth while to ascertain how much is spent in these items at the great Institutions of the kind in London. The amount of expenditure on these heads at the Infirmary of Bristol was, a year or two ago, about one-seventh of the whole. The corporation of the poor in that city expended in the course of nine years—

	£	s.	d.
For food	48,105	18	9
For clothing	93,98	13	3
For firing	3,881	0	3
For soap	1,169	9	7
Sundries	13,316	3	11
Medicines	1,997	13	9

The wine and other “strong” drinks are probably reckoned among the sundries. Thus we see that doctor’s stuff cost half as much as fuel, and considerably more than washing and cleaning. This is pretty well, whatever might be the proportion of sick. What an enormous saving of money might be made by this distressed country, if but one-tenth of the population were to enlist under the banners of Priessnitz and Father Mathew, and be converted to the true Catholic faith in matters of health! How many would escape that purgatory on earth into which the habitual use of drams and drugs plunges their unhappy victims!

In the Nottingham Infirmary for malt, hops, &c., there was expended

	£	s.	d.	
In 1836	278	3	3	for 90 patients.
In 1839	121	10	3	for 100 patients.

While at the Lunatic Asylum, according to the annual report, the consumption of malt and hops exceeded that of bread, to the amount of £70. I copy the above from the *Bristol Temperance Herald*, in which, and in other journals of the same kind, there is ample testimony from medical men as to the inutility of wine as a medicine. The following letter will show by whom the delusion they are striving so honourably to dissipate is kept up.

(Extracted from the “*Journal of the New British and Foreign Temperance Society.*”)

4, Paragon Buildings, Bath, February 16th, 1842.

“MY DEAR SIR,

“Having been in active practice for more than twenty-six years, sixteen of which I was physician to the Whitworth Town hospital, Dublin, and

twenty years one of the physicians of the Dublin General Dispensary, I have had pretty extensive experience not only in acute, but chronic diseases, and not only among the higher ranks, but amongst the poorest of the poor also. I deem it, therefore, no great arrogance to claim that my opinion should be placed on a par at least, with that of most of my neighbours. This I premise, believing that when a stranger gives an opinion, the judges should be informed on what authority he does so.

“I am sorry that any of my brethren could mislead the Board of Guardians, or any one of them, by stating that they are not justified in employing a medical man who does not administer intoxicating drinks—forgetful, that if, in the practice of such medical officer, cases should arise, requiring the administration of stimulants, the *materia medica* furnishes him with as efficacious, and far more potent stimulants, than any we possess in the form of intoxicating beverages.

“It is my opinion, not only that a conscientious tectotaller is a proper person for a parish surgeon, but that, *cæteris paribus*, he should be preferred to any other, and for the following reasons:—

“Nine-tenths of the sickness and poverty of our paupers have their origin in the love of strong drinks; and although this fact is so grievously palpable that it cannot be denied, the evil is perpetuated under the delusive idea that strong drinks are necessary—in sickness to restore health, and in health to maintain it: whereas, the experience of all who have fairly tried the reverse, proves that the hypothesis is not merely false, but that invalids recover better, and health is better preserved, by their absence.

“Secondly: There is no opportunity so favourable for impressing this beneficial truth upon the minds of the poor, as the moment when they are painfully conscious that their present disease and poverty are the undeniable effects of intoxicating drinks. Besides, the continued use of such liquors, however small the quantity, perpetuates that insatiable desire for more, which urges the drunkard to excess, and enlists the moderate man into the ranks of the drunkard, itself a disease, and to be treated as such.

“Lastly: Having heard from the lips of guardians, that in many places such beverages constitute a large item in their expenses on account of paupers, I am of opinion, that the man who can best serve the poor, and with avoidance of unnecessary expense to the parish, should have the decided approbation and preference of every benevolent and judicious man.

“I am utterly ignorant of the existence of any disease, acute or chronic, in any rank of life, which cannot be cured without intoxicating drinks. Medical men contend that they are an agreeable and convenient form for the exhibition of stimulants; but that there is any disease incurable without their aid, I have never yet heard.

“I am, my dear Sir, &c.,

“W. MORGAN, A.M., M.D.,

“*Fellow of the Royal College of Physicians in Ireland, and
Ex-President of the Bath district branch of the Provincial Medical and Surgical Association,*” &c.

“DEAR SIR,

“THE respectable surgeon whose letter appeared in the *Journal of the New British and Foreign Temperance Society*, of yesterday, with Dr. Morgan’s answer appended, and whose cause in your excellent periodical you have taken up with a warmth highly creditable to you, having desired my opinion also on the questions therein contained, I beg to inform him and the public likewise, that I concur *entirely* in opinion with Dr. Morgan, and further, that I consider Dr. Wilson’s conduct an unjustifiable and unwarrantable outrage upon professional privilege,—an outrage which every medical man, be he teetotaler or not, must, in his heart, stigmatize and condemn.

“I believe, Sir, that intoxicating liquors are sometimes useful as medicines; and, although I should not hesitate to administer them under *certain* circumstances, it is my opinion, nevertheless, that there is not an apothecary’s shop in the kingdom that does not contain drugs, many of which would be productive of equal benefit, and some even more efficacious in the cases in which inebriating alcoholic stimulants are usually employed.

“Dr. Wilson having recorded his *ipse dixit* in terms condemnatory of the practice pursued by a properly qualified surgeon, he should now do what he himself has rendered it his duty to do; namely, produce facts founded upon science and experience in support of his dictum.

“I am, Sir, yours respectfully,

“A. COURTNEY, Surgeon, R.N.”

“Ramsgate, February 26, 1842.”

The work of Dr. Wall, to which I have alluded, is entitled—*Experiments and observations on the Malvern Waters*—the second edition—with an appendix, &c.

In a note to p. 4, it is said—“Mention is made of these Springs in *Ban-nister’s Breviary of the Eyes*, printed A. D. 1622, in these lines.

’A little more I’ll of their curing tell,
How they help sore eyes with a new found well:
Great speech of Malvern hills was late reported,
Unto which spring people in troops resorted.

“In the addenda to Camden’s *Britannia* are the following words. ‘Near the division (betwixt Worcester and Herefordshire) is a spring that hath been long famed for the virtue of healing eyes, and other parts of the head, called therefore Eye Well. And beside this is another spring called Holy Well, heretofore much resorted to for curing all scorbutic humours and external ulcers by bathing and drinking of the waters.’—And in the geography reformed, these wells are taken notice of in these words. ‘There are two medicinal springs (in Malvern hills) called Holy Wells, one of which is good for the eyes and putrid foetid livers; the other for cancers.’

The following are extracts, p. 17.—“A considerable tradesman of this town had, when a boy, several sinuous ulcers above and below the elbow, which communicated through the joint; the bones were much enlarged

and foul, and the arm much emaciated. He had been long attended by two eminent surgeons who thought the case desperate and had proposed amputation. He was reduced to the last degree of weakness; but by the use of this water a few months, all the ulcers except one below the elbow were healed. This continued to discharge a small quantity, till he returned again to the well the next summer, when he obtained a complete cure, and has continued well ever since. After he first began upon the waters, he never used any other application to the sores, but linen rags dipt in the water. This cure was performed several years ago.

"A poor woman of the parish of Powick, near this city, was covered with the most frightful leprosy I ever saw. The scabs were very large, and in many places not less than half an inch thick. She had lost her eyebrows, and was so hoarse that she could hardly be understood. Many medicines had been tried, both by me and others ineffectually; at last, she was sent to Malvern, and a little hut built for her reception by the charity of a neighbouring gentleman. She used the water both externally and internally. In a few months her skin was cleared, and she recovered her voice, and by continuing the use of the water, was perfectly cured without ever having any return of the disease.

"A young woman, daughter of a tradesman in Bewdley, had long had a serofulous ophthalmia in each eye, which made her unable to bear the light. She had been in this miserable condition eight or nine months; and though she had applied to several persons of skill, had not met with any permanent relief. I advised her at length to try Malvern water. When she was brought to the well, she could not open her eyes, but was forced to be led by another person; but she had not used the waters more than a week, before she was so much recovered that she could see a flea leaping on her bed. Her eyes have continued perfectly clear, and her sight good ever since. This cure was performed, Anno 1754.

"The son of a tradesman in this town, a child, of about three years of age, had the glands of the neck much hardened and enlarged. He had a serofulous ophthalmia in each eye, and his lips were much swelled; the upper in particular, projected further than the end of the nose, which it quite touched, was turned outward, and excoriated with several deep fissures. He was attended by me and an eminent surgeon of this place. When we found our joint endeavours unsuccessful, we advised the parents to try Malvern waters. After the use of them for two or three months, he returned home, with his eyes and lips quite healed, and reduced to their natural appearance; the glands of the neck were also much lessened. The disorder in his eyes returning again in a slight degree, the next spring they had again recourse to the same waters; which so far perfected the cure, that there now remain only two or three hardened glands under the chin, but these very small in size. His eyes and lips have continued perfectly well ever since.

"In cutaneous diseases, the internal use of the water is apt for some days to increase the eruptions; but by a longer continuance, it washes them off and clears the skin. In scorbutic habits also it produces similar effects, when applied externally; but by continuing its use, all these angry pim-

ples are commonly soon healed, and disappear. These effects were very remarkable in Mary Dudley and John Townsend, both in-patients of the Worcester Infirmary. The former of these was received for a scorbutic ulcer in the leg of long standing ; attended with a great defluction on the part, and a large eruption over the whole limb. The ulcer was digested and filled with flesh, but could not be cicatrised by the usual dressings ; till at last, by drinking Malvern water, and applying linen to the sore kept constantly wet with the same, it was perfectly healed in a fortnight. The scorbutic eruptions were for the first four or five days prodigiously increased over the whole body ; and particularly the parts which were covered with the wet rags, appeared intensely red from innumerable pimples which were brought out by the water ; but these went off by persevering in the same regimen and application. During this course she accidentally had a fall down stairs, by which her leg was much bruised, and a lacerated wound made on the skin almost down to the bone. She did not mention this to her surgeon, but only applied the water to it in the same manner as had been directed for her other leg ; by which the wound was healed in three or four days. John Townsend had been in the house from June the 19th, 1756, for a scrofulous ophthalmia ; to remove which he had taken the most powerful medicines, and various external applications had been tried ineffectually. Indeed his health very visibly declined ; and there appeared great danger of his falling into a hectic. At length, on February the 14th, 1757, he was put upon the use of the Malvern water both internally and externally ; by which, in a few days, he found a great alteration for the better, both with regard to his health and his eyes ; and was discharged greatly relieved on April the 9th, 1757. Since which time he has constantly persevered in the use of the water, and is now perfectly cured.

“ I always advise my patients to drink freely of the water for some days or weeks before they use them externally. The empirical method of application, which has hitherto been successfully practised, is to wash sores, tumours, &c., under the spout, several times in a day ; covering the parts afterwards with cloths dipped in the same water, and moistened from time to time, as often as they grow dry. Those who bathe also for cutaneous foulnesses, usually go into the water with their linen on ; and dress upon it wet. This method, odd as it is, has never yet, that I have heard of, been attended with any ill consequences ; though I have known it used by several very tender persons.

“ A gentlewoman in Worcester applied the water to her legs, on account of a violent and very painful scorbutic eruption in those parts. She lay every night with her limbs wrapped up in wet linen ; and yet never received the least cold from it. The painful itching is relieved by nothing so soon or so effectually as by this application ; she therefore has always recourse to it whenever the disorder makes a fresh appearance, and always finds ease and advantage from it.

“ A boy aged eleven years, and leprous from the birth, was last year sent to the spring by an eminent physician who had before tried various methods with him unsuccessfully. He continued at the Holy Well about three months, and was kept constantly wet over his whole body all that time. He went home perfectly cured, and I hear continues well.

“A young gentleman of fortune was last year brought to the spring on account of a scrofulous disorder in his foot and elbow. When he first came there he was much emaciated and hectic, and had a dry troublesome cough. The cough and other hectic symptoms went off entirely in less than a month, notwithstanding he constantly kept the diseased parts wet with the water, so far was he from taking cold by the application. There is at present great reason to hope that he will find a perfect cure, of which, when he first came, there appeared not the least probability : for several of the bones in the foot were foul and greatly enlarged, as were also the bones at the elbow, and many sinuous ulcers in both parts : the leg and arm being also much emaciated and the latter almost rigid. His limbs have now recovered their flesh, and he has a considerable degree of motion in the arm ; the deep ulcers both in the elbow and foot are healed, and the integuments stick down to the bones ; nothing now remaining but two very superficial ulcerations which are clean and disposed to heal. His father tells me, that before he came to Malvern every fresh tumor and suppuration was attended with violent pain, but that after he had used the water some time, matter was formed without giving him any great uneasiness.

“When the water is applied externally, especially to old sores or glandular obstructions, it is apt at first to bring on a slight fever and inflame the parts. This adventitious heat is commonly soon relieved by drinking freely of the water ; which washes out of the habit any morbid particles, which may have been received into the circulation, and the fever usually goes off in four days at farthest. Sometimes where the water is applied to indurated glands, or incysted tumours, the heat rises higher, so as to bring on suppurations ; an event by no means to be dreaded ; since thereby the viscid stagnant juices are attenuated, coeacted, and so fitted for evacuation ; and the circulation (which in scrofulous persons is usually too languid, either from a lentor in the fluids or too great debility in the fibres) is accelerated and invigorated.

“The common people are from long observation so well apprised of these effects, that they think the assistance of a surgeon is upon no occasion necessary ; and the usual phrase is, that the water will break any tumour, and afterwards heal it. This, as many other popular opinions, is very erroneous, for granting the lotion to be one of the best applications in such cases, yet it certainly may require the hand of a skilful surgeon to open abscesses, or dilate sinuses, to prevent the lodgment of matter, or procure a free discharge by a proper depending opening. After this is done, the water is, perhaps, the best dressing that can be applied, and seldom fails to effect a cure soon ; which, without such assistance, might be uncertain, or at best very tedious.

“A clergyman of Staffordshire had been afflicted more than nine years with a leprosy, so bad as to deserve the name of an elephantiasis. He had been under the care of several eminent physicians, by whose directions he had taken various approved medicines ; had used Llandrindod, Cheltenham, and Wellington waters ; and lastly had drank and bathed in the sea water at Brightelmston ; and all unsuccessfully. He last year came to Malvern ; and was then in so deplorable a condition that he could

scarcely walk ; the skin cracking upon every motion of the muscles, and oozing out a filthy sanies ; and every night he left the print of his body on the sheets. His affairs would not permit him to continue at the well more than seven weeks ; but in that short time, by bathing in the water of the Holy Well, and drinking largely of the same, his skin was made perfectly clean and smooth. His complaints have indeed appeared again since, but in a very mild degree. He told me himself, that even under this relapse, he feels much more ease than he has had for many years before he used this water. It seems reasonable to conclude, that as the water had so surprising an effect on so short a trial, a longer continuance might have wrought a perfect cure.

“Mr. John Ible, of the parish of Stockton, in this county, had been afflicted with a dry furfuraceous leprosy, more than seven years. This first appeared about the knees and elbows, but spread by degrees over the whole body. Every night he left in his bed two or three handful of dry scales, as large as those of a carp. By drinking constantly of the Holy Well water, and bathing in it three or four times in a day, he was cured in seven weeks. He visited Malvern again the next spring ; (A. D. 1754) but rather out of precaution than necessity : not having had any return of his former complaints. This account I had from Mrs. Greene at whose house he lodged.

“Mr. James George, junr., Woolstapler, of Cripplegate, near this city, was, as he informs me himself, seized with leprous eruptions, after a surfeit, which continued and increased upon him ten or twelve years ; notwithstanding he had tried Llandrindod and Bath waters on the spot, and used many other methods which had been recommended to him. His whole body was, he says, covered with large round white scabs, which filled his bed with dry scales every night. He rode from his own house to Malvern every morning, where he drank of the spring ; bathed frequently, and brought home some of the water with him, in which he often dipt his shirt and put it on wet ; without receiving any cold by doing so. His disease was soon conquered, and his skin has remained perfectly smooth and clean ever since ; which is now nine years.

“Mary Cuthers, a poor woman of Tewkesbury, had had phagedænic or eating ulcers in the throat, nose, and cheek, near two years. The tonsils, uvula, and velum palatinum were so much eroded that she could not swallow any liquid without throwing part of it through the nose. The internal membranes of the nostrils had suffered much, and the bones and cartilages seemed to be in danger. The left cheek was almost entirely destroyed, and the bones bare. The situation and appearance of the ulcers had made many persons suspect the case to be venereal ; and it had been treated as such by some whom she had applied to ; but as those methods had not the usual success, but rather aggravated all the symptoms, and as the woman constantly persisted in denying the charge, the disease may more likely be presumed to have been of a carcinomatous nature. Her affairs would not permit her to stay at the well more than three months ; but in that time the cheek was perfectly healed ; and the ulcers in the nose and throat so nearly cured, that she spoke articulately,

and swallowed without difficulty. She has persisted in the use of the water at home ever since, by which means she continues well, no complaint remaining but a hoarseness and weakness of the voice, occasioned by the loss of substance in the organs of voeification, which cannot be restored though the ulcers are healed.

The cases, recorded in Dr. Wall's second appendix, are such only as he attended himself, and therefore, as he says, he is answerable for their veracity. I must content myself with one or two. The first (Case 52), as it was published in the *Gentleman's Magazine* for April, 1760, must have been extensively known at the time. "Master Thomas Miller, a boy about eight years of age, was brought to Malvern from Melton Mowbray in Leicestershire, about Midsummer, 1758. He had been diseased from his cradle, and had tried the most approved remedies without success; his complaint gradually increasing under every method.

"The upper and lower jaw-bones on the left side were foul, and enlarged so much, that the cheek was almost level with the nose, and the mouth pushed quite to the right side. In the lower part of the inguinal glands on the left side was a scirrhus tumour, about the size of a small egg. The left leg from about two inches below the knee to the foot was enlarged to triple its natural dimensions; not so much from a tumour of the fleshy parts, as of the bone itself, which was carious, and affected with a spina ventosa the whole length. In this limb were several foul ulcers quite down to the bone, which discharged a very foetid sanies. The left foot was not less diseased than the leg, being vastly thickened, perforated with many ulcers, and the bones and ligaments greatly enlarged and foul. The right foot was nearly in the same state as the left. The right arm was diseased at the elbow, both above and below the articulation. Several fistulous ulcers penetrated down to the head of the bones, which were very much enlarged; and the joint had very little motion. He had not put his foot to the ground for five years. I thought this case incurable, and told his friends so; but, as they had brought him so far, they were desirous he should make a trial of the water. After some little preparation, therefore, he entered upon its use. He drank it twice a-day at the spring-head, and it was his only drink at home; the diseased parts were washed twice a-day under the spout, and were afterwards wrapt up in linen rags, kept constantly wet with the water; and after he had used it in this manner for a fortnight or three weeks, he was every morning put into the bath. This was the only method; for he took not a grain of any medicine after he began the use of the water.

"When he had been under this course three weeks or a month, he appeared to be much worse than when he came first to the springs. His sores inflamed and grew more painful, and the discharge from them increased greatly. In this state they continued for a week or nine days, and then those in the arm and right foot began to have a more favourable appearance; the matter became mild and good conditioned, and the sores gradually healed, but the leg continued bad, and the discharge from the ulcers in it was very great. At this time Mr. Russell, a surgeon of Worcester, of very distinguished abilities, being called in to him, advised am-

putation, as the only expedient, though that a very doubtful one, to save his life. I wrote to his friends on this subject, but they not consenting, he therefore pursued the same course as before, and at length two large portions of the tibia, not less than half an inch thick, and one of the bones of the tarsus, were cast off.

“After this, the sores in these parts grew less painful, the limb lessened in size, and by the latter end of October all the ulcerated parts were healed. He began now to put his foot to the ground ; and, though the joint had very little motion, and the limb was very large (for the bone could not be reduced in its dimensions, though the adventitious swellings of the muscles and integuments had decreased,) yet he made a shift to hobble round the room, his maid only holding him by the hand. About the latter end of December the tumefied gland in the groin grew painful ; they applied the water to it, it inflamed, suppurated, broke of itself, and soon was healed without any other application. About the middle of March following, some of the sores broke out afresh, one particularly in the leg, another in the instep, and a third at the elbow ; but the discharge was not near so foetid or acrimonious, and but small in quantity ; nor were the sinuses so deep as formerly. By persevering in the use of the water that summer, all the parts were perfectly healed. During this, some of his teeth came out, and some exfoliations were cast off from the upper and lower jaw ; in consequence of this, the swelling of his cheek was very much lessened, and his mouth was nearly brought upright. He recovered his strength surprisingly, and, before he left the place, was able to walk up to the summit of the hill, which is very steep and high, without any other support or assistance besides that of his stick.” Then follows a letter from the boy’s guardian, to say that “he was quite in health, and had not a sore about him.”

Case 55. A lady of distinction came to Malvern, early in the year 1761 ; she had for far more than twelve months been afflicted with several deep foul ulcers in her legs, for which she could get no cure, though she had been long under the care of Mr. Bromfield, a surgeon of deserved reputation. When I visited her I found several long deep ulcers in each leg, which affected the periosteum. I put her immediately upon the use of the waters, for she had been under such a constant course of medicines for many months, that I thought she wanted no further preparation or assistance from the shop. The water agreed perfectly well with her, and she drank very large quantities, amounting to several quarts in a day ; which passing well, her appetite and spirits were increased by its use. She washed the ulcers frequently under the spout ; and into one of them, which run deep, and had but a small opening, she injected the water with a syringe. The great and sudden alteration made in them quite surprised me : for in six weeks time they were all healed except one, and that was very nearly so. At this time, some very particular business obliged her to leave Malvern ; but the water was sent after her, and she continued its use all the summer. About October she returned again, and stayed at Malvern one month, which completed and perfected the cure, as I have since been informed by herself.

It appears, from case 59, that the resemblance, which is so striking between the treatment of Dr. Wall and that of Priessnitz, is found also in the liberal conduct of some of his professional brethren, and that of many German physicians. One of his patients had been for some time under the care of Dr. Oliver, of Bath, "a physician," such are his words, "whose learning and sagacity are sufficiently eminent," and he prefaces the case with a description sent to him in a letter from the doctor himself. "We have recourse to you," says Dr. Oliver, "as our last refuge; and most extremely glad shall I be, if you can save the life of so agreeable a child, for the sake of his most valuable parents, whose lives and happiness are wrapped up in his." "The health of this fine boy was happily restored." May the same conduct be followed, and the same satisfaction enjoyed! Dr. Wall thinks that these cures were caused by some peculiar property in the water; an opinion which may now be better submitted to a numerical test than it could have been at that time.

Case 72. In the year 1761, a lady of great family and fortune was recommended to my care, by the very learned and ingenious Dr. Addington, (the father of Lord Sidmouth I presume,) from whom I received a letter, in these words: "I have advised Mrs. L. P., who has a scorbutic disorder, that has baffled all medicines recommended to her, to put herself under your care, and drink Malvern water, unless you judge it improper for her when you see her, &c., &c. If the water at Malvern, or any thing else you know, would relieve this valuable lady, I should rejoice extremely.

A. ADDINGTON.

London, July 21, 1761.

This lady's case was indeed extremely bad; the back part of her head, her cheeks, neck, breast, stomach, legs, and other parts of her body were covered with a scaly scurf, which from several fissures oozed out a glutinous moisture in large quantity. She was much improved in appetite and health, and Dr. Addington, when he saw her, expressed his surprise at the amendment, telling Dr. Wall, "that he made no doubt of her perfect recovery, by the use of the water, another season: she continued tolerably well during the winter months; but being then imprudently advised to use a repellant lotion to her legs and other parts of her body, probably of an arsenical or mercurial kind, she was soon after seized with a difficulty of breathing and other symptoms, which put an end to her life in a few days."

Case 73, is that of a gentlewoman of Newbury, in Berkshire, in so miserable a condition that she was carried in a kind of covered cart where she could lie at her full length, not being able to bear any other mode of conveyance. She had a most frightful leprosy over a considerable part of her body, &c. She was also paralytic, scarce able to speak properly or intelligibly, or to walk across the room!! She was recommended by Dr. Collet, (physician at Newbury,) and was sixty-six years of age. "She was not only cured," says the report, "of her leprosy, but her paralytic disorders also." "I am greatly pleased," says Dr. Collet in a letter afterwards, "to find her so amazingly recovered in so short a time. Your treatise did not fall into my hands till a little time before she went, and as

soon as I had read it, I persuaded her to try these waters ; for the disorder was so very disagreeable and loathsome, the smell so very offensive, and the itching so very troublesome and uneasy as to make her life unhappy to her. But all these complaints are now entirely removed, and her skin become smooth and clear, and if there should be any little return this winter, I make no doubt, but that her spending one more summer at Malvern will perfectly cure her ; and I believe that had she gone to Malvern two or three months sooner, she would have no occasion to return there any more. John Collet." She went to Malvern in 1759, and Dr. Wall saw her at Newbury in 1761, when she was well and had no return of her disorder to that time. Mrs. Cotton thought her ease so very extraordinary that she desired, "it might be made public, and permitted me,"—such are Dr. Wall's words—"to print her name."

